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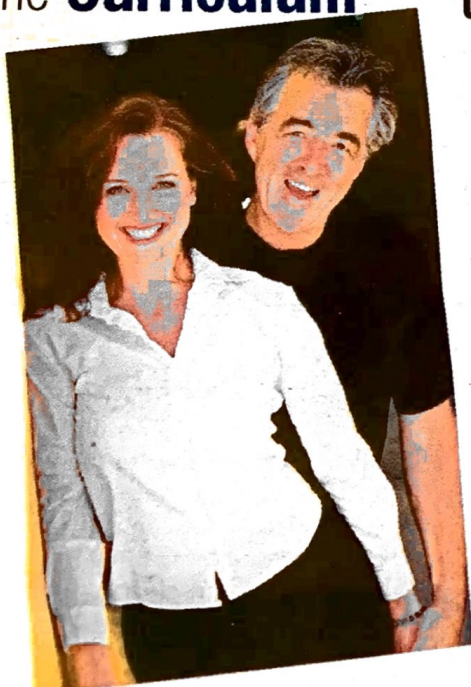
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Common Ground Publishing Corp.

NEW HEAD OFFICE:

204-4381 Fraser St.
 Vancouver, BC V5V 4G4 Canada

ISSN No. 0824-0698

Copies printed: 68,000

Over 250,000 readers per issue
 Survey shows 3 to 4 readers/copy.
 Annual subscription is \$60 (US\$50) for
 one year (12 issues). Single issues are
 \$6 (specify issue #). Payable by cheque,
 Visa, MasterCard, Interac or money order.

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100% owned and operated by Canadians.
 Published 12 times a year in Canada.

We acknowledge the financial support of the
 Government of Canada, through the Canada
 Magazine Fund, toward our editorial costs.

Publications Mail Agreement No. 40011171
 Return undeliverable Canadian addresses to
 Circulation Dept.

204-4381 Fraser St.
 Vancouver, BC V5V 4G4

Printed on recycled paper with vegetable-
 based inks.



Our cover

Mainstream media has said little about people suffering needlessly from the effects of legally-prescribed drugs. Powerful pharmaceutical companies, no longer satisfied with just selling drugs to sick people, now actively target the healthy. Through the strategic placement of free, diagnostic technology, and advertising that plants seeds of worry and concern, drug giants manufacture new patients to buy their drugs. In Canada, we have lost 6,000 of our elders, who suffered fatal heart attacks from a drug recently pulled from the shelf. Criminal charges were laid against those responsible for the Enron fraud, but when a blockbuster drug killed thousands of people, no criminal charges were laid. It is time for change. We need to educate ourselves and protect our loved ones.

ISSUE 170 SEPTEMBER 2005



IN THIS ISSUE

Donuts for doctors

Buying the medical profession – Alan Cassels 6

HABITAT

Where have all the salmon gone? – Celia Brauer 8

LETTERS

10

CULTURE

Vancouver Film Festival's new home – Robert Alstead 10

Kropotkin vs. Darwin

On co-operative evolution – Geoff Olson 11

ENVIRONMENT

Healthy green lawns – Carolyn Herriot 17

Time-tested organic farming – David Suzuki 22

Where will our food come from? – Guy Dauncey 22

ALSO

This month's Story Slam winner, *Wanderin' Wind* by Jaminie Hilton, and *Off the Rails* about the devastating CNR crash near Squamish by Arne Hansen, appear at www.commonground.ca

HEALTH

Simplicity – Crystal Andrus 18

Fibre – just passing through – Vesanto Melina 21

SPIRITUALITY

The way out of pain – Eckhart Tolle 12

What is real? – Gwen Randall-Young 13

POLITICS

Reclaiming democracy – Myke Logan 15

Let's get out of NAFTA – Mel Clark and David Orchard 16

RESOURCE DIRECTORY 23

CLASSIFIEDS 31

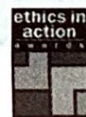
ZODIAC 31

DATEBOOK 30

Canada



H.A.N.S.



Donuts for doctors



In *Donuts for Doctors*, our cover story this month, Alan Cassels provides a chilling look at how the world's largest pharmaceutical companies are turning healthy people into patients. Employing sly marketing campaigns that convince people they have something wrong with them, Big Pharma creates niches for drugs it hopes will become blockbusters. Critical to the commercial success of these drugs is the cooperation of the doctors who wield the power to write the prescriptions. So it is that billions of warm donuts – and free drug samples – are gifted to doctors and their receptionists across the world, compliments of the drug detailers, the sales reps whose job

it is within the pharmaceutical empire to ensure that doctors prescribe these magic bullets to their patients.

Cassels, a drug policy researcher at the University of Victoria, has written extensively about the pharmaceutical industry. In his just released, *Selling Sickness*, he explains that the intention to target healthy people is anything but new. Thirty years ago, Henry Gadsen, chief executive of Merck (the company currently facing more than 4,200 lawsuits over its once immensely popular Vioxx), told *Fortune* magazine that he was upset that the company's potential markets had been limited to sick people. It had long been his dream to make drugs for healthy people. Then,

Merck would be able to "sell to everyone." The late Henry Gadsen's dream has now come true. Cassels notes, "With promotional campaigns that exploit our deepest fears of death, decay and disease, the \$500 billion pharmaceutical industry is literally changing what it means to be human."

In March of this year, Murray Aitken, senior vice president of corporate strategy at IMS Health – the world's leading provider of information to the pharmaceutical and healthcare industries – stated, "For the first time, global pharmaceutical sales surpassed the \$500 billion threshold." That's a lot of drugs being peddled worldwide.

Next month, Common Ground launches Drug Bust, a new monthly column that takes a critical look at the rampant and dangerous use of prescription drugs.

Try searching the internet using the phrase "diabetes class action". You will find more than 1 million websites. Then, try searching the internet using the words "diabetes side effects". You will find more than 2.7 million websites. Billions of dollars are being paid out as settlements to diabetic patients who have used pharmaceutical drugs and suffered side effects. Toxic side effects of pharmaceutical drugs are well known and are the most frustrating aspect in the fight against diabetes. Once you start using these drugs, you have to use more of them as your body develops resistance. At some point, kidney, liver and heart problems caused by these pharmaceutical drugs overwhelm the health risks of diabetes. In fact, many pharmaceutical drugs can cause diabetes itself. Many others even worsen diabetes.

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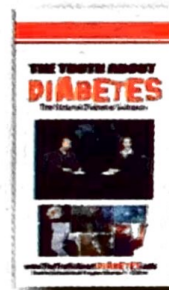
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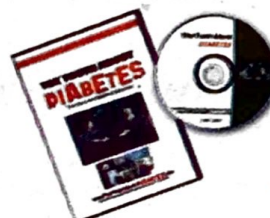
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Donuts for doctors

BUYING THE MEDICAL PROFESSION

by Alan Cassels

The aroma of fresh baking spills out of Michael Oldani's car, as the door swings open and he jumps out to retrieve a large box from the trunk of his blue Oldsmobile. He lifts out a box of drug samples and stacks two boxes of donuts on top, which are festooned with stickers bearing the name of the popular antidepressant Zoloft. As one of an 11,000-strong army of detailers working in the US for industry giant Pfizer, Michael greets his morning bearing a beguiling gift – donuts.

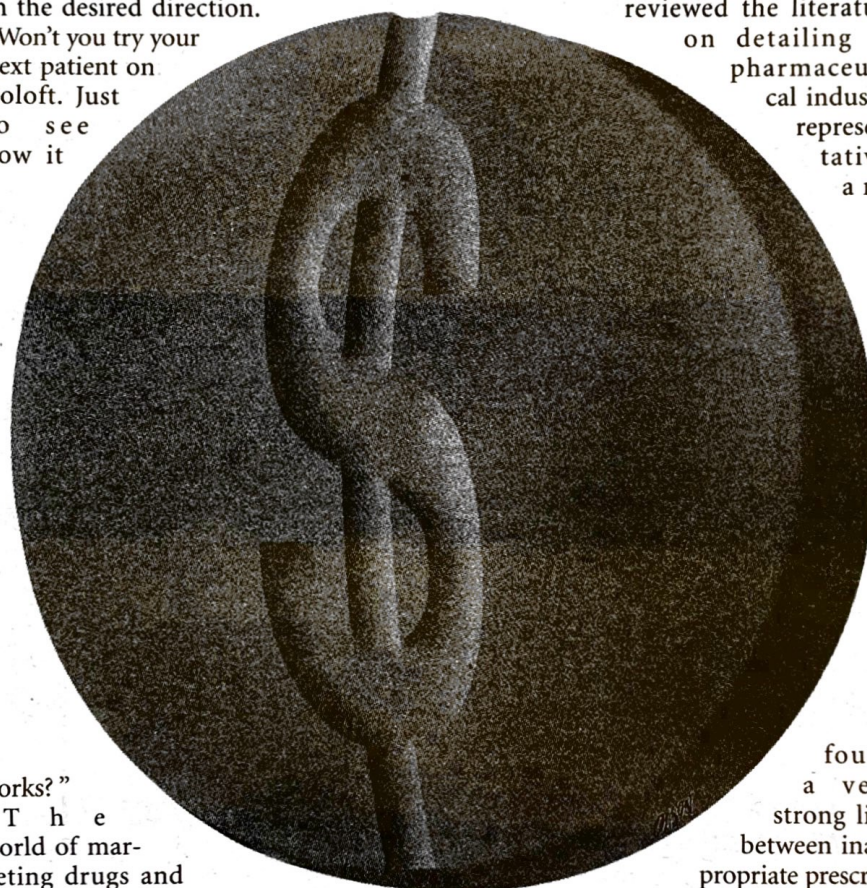
The donuts are good icebreakers, a way to get a smile from Joyce, the receptionist, when he walks through the door of the clinic, and maybe the key to snagging a few minutes of the doctor's time. Because he knows Joyce likes apple fritters, those gooey bits of dough and apple may be what get him an unscheduled appointment with one of the doctors, even if it is only for a few seconds. That's all it takes, just a few seconds. Today he's not so lucky; the docs are too busy and already running behind, so he can't squeeze in any face time with a prescriber. With military efficiency, he quickly refills the clinic's sample cupboard, putting his products front and centre so they'll be the first thing the docs see when opening the cupboard. On his way out, he stops to chat with Joyce.

A businesslike, yet charming, manner can be a detailer's main asset. Michael's jet-black hair and dark Italian good looks may also help open a few doors. Whether it is his charm, or his fritters, he walks away with a few juicy bits of intelligence, gathered from Joyce. He found out which anti-depressant the doctors in the clinic seem to be favouring lately – Prozac – and why they aren't using his antibiotic – too expensive and hard to dose. Not a bad return for the price of a box of donuts.

"Now, is that why they call us detailers?" he muses, as he records these items in his electronic scheduler, which contains a database of extraordinarily detail. In it are the likes, dislikes, and habits of specific physicians in his sales area, even down to such minutiae as the birthdays

of the doctors' kids, and the kind of wine their spouses prefer – and, of course, what drugs they tend to prescribe. Knowing what motivates individual physicians, and which products they tend to favour, gives the detailer incredible power in honing a hallway sales pitch: "Oh, Dr. Jones, did you know your colleagues are seeing a lot of agitation in their Prozac users? Is that something you'd like to avoid in your depressed patients?" Michael knows that using and exploiting the side effects of a competitor can steer physicians in the desired direction.

"Won't you try your next patient on Zoloft. Just to see how it



works?"

The world of marketing drugs and disease revolves largely around the verbal exchange of information, caressed by the giving of gifts. Drug marketers have known for decades that the dominant weapon in the arsenal of persuasion is gifting – the donuts, free samples, pens, and free meals bestowed on physicians by drug reps thousands of

times a day around the world. This activity is intensely interpersonal, largely hidden from public view, and highly effective. In fact, people like Michael Oldani would say that these gift-greased exchanges lie at the heart of what constitutes a physician's ongoing education about prescription drugs – and about illness.

Many people might say, "What's the problem? My physician can see through the marketing spiels." Yet the data says something very different. In 1998, Toronto

drug policy researcher Joel Lexchin reviewed the literature on detailing by pharmaceutical industry representatives and

found a very strong link between inappropriate prescribing and contact with drug reps. In fact, Lexchin found that the more frequently prescribers saw industry detailers, the more prone they were to use pharmacotherapy versus non-drug therapy, and the more likely they were to use more expensive medications when cheaper, and equally effective ones

were available.


Evidence proving the success of drug education by reps is everywhere. The chemical cures for mental illness is a market of gargantuan size. The drugs provided for various forms of depression, particularly Prozac, Paxil, and Zoloft (selective serotonin reuptake inhibitors, or SSRIs) or Effexor (a serotonin and norepinephrine reuptake inhibitor) comprised a market worth \$14.3 billion in 2002. In fact, the global antidepressant market has grown 50 percent since 1994, mainly due to rising sales of SSRIs. And, as the market continues to expand, there is no end in sight. By 2008, it is expected to reach \$18.3 billion.

Some argue that the phenomenal growth of the antidepressant drug market is due to the simple fact that more people are depressed. Since Eli Lilly's Prozac was approved in the US in 1988, the number of cases of depression has nearly doubled from 14 million to 25 million in 2001. Some say the key to this remarkable rise is due to improved diagnoses of people undergoing mental distress. Others blame our increasingly frenetic, stressful lifestyle and lack of social cohesion. Others say the newer SSRIs are used more often because they are more effective than the older antidepressants.

All these factors may be somewhat relevant, but no one can argue that a major factor in getting people to think about depression in the right way – as a chemical imbalance – was driven by the marketing imperatives of all the major antidepressant manufacturers. In one sense, this is remarkable when you consider that there is scant scientific evidence that such a chemical imbalance actually exists in depressed people. In fact, those who have seen secret company documents, uncovered in SSRI litigation, go further, saying the explanation of chemical imbalance causing depression is little more than a clever advertising gimmick, which, through marketing research, has been proven to be an effective means of getting consumers to reach for a bottle of Prozac,

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or Zoloft, or Paxil. Regardless of how you view the promotional tactics of drug companies, serious clinical depression is, of course, an undeniable major health problem with sometimes devastating consequences. And some people do respond to SSRIs, some even miraculously.

Compared with the drug manufacturers' marketing campaigns, which push the more lucrative chemical views of depression, alternative views of illness and treatment get short shrift. And with drug reps constantly parading in front of doctors, the chemical views of illness are shaped and reinforced where nobody sees them – behind closed doors, or in clinic hallways. With a ratio in the US of one drug rep for every

four doctors, and with drug reps averaging one visit per day, per doctor, Joyce is likely to see a parade of reps. Why should we be surprised that the dominant paradigm of mental healthcare has largely been reduced to the tweaking of neurotransmitters and serotonin levels with patented drugs?

Over half the drug marketer's budget is allocated to detailers and free drug samples (over eight billion per year in the US). The cartons of free drug samples lugged around the US by more than 60,000 detailers like Michael Oldani represent the promise not just of a gift of new products – but of new knowledge. They are effective because they tap into physicians' primal motivations – wanting to appear on top of new advances in medicines and keeping patients happy with samples that show how much they care. But free samples also enforce, promote, and reinforce the dominant view of disease that a drug is designed to treat – in this case, the neurotransmitter model of mental health.

As the world's biggest drug companies battle over markets for their new antidepressants, key allies and key opinion leaders are drawn from the field of psychiatry (known as KOLs in the marketing world) to help educate fellow doctors about both the drugs and the diseases. These KOLs are often just ordinary members of the medical community who can make easy

money by giving lunchtime talks to their colleagues. Unfortunately, few of those KOLs come with unbiased opinions. In fact, when Dr Marcia Angell, former editor of the *New England Journal of Medicine*, wrote her now famous article *Is Academic Medicine for Sale?* she expressed alarm that in searching for potential contributors for articles on depression, her journal could only find "very few" senior psychiatrists without financial ties to the pharmaceutical companies who make anti-depressants.

A convention of psychiatrists gathered for a scientific meeting offers the ideal place to see how new definitions of mental illness are shaped. It is also where

opinion leaders go to hear about the newest new thing. The American Psychiatric Association (APA) 2004 conference in New York City is electric. More than 20,000 vis-

iting health professionals and physicians from all over the world attend this annual scientific conference. This year it's entitled: *Psychotherapy and Psychopharmacology: Dissolving the Mind-Brain Barrier*. In the exhibition halls, thousands of doctors are enthusiastically enjoying the delights of the drug company displays, gawking at the soaring high-tech screens promoting the latest medications. It takes a lot of money to attract 20,000 health professionals to a meeting, and most of the APA annual conference is underwritten by the drug industry. A 10-foot square in the exhibit hall goes for \$2,400, and scientific sessions are for sale at around \$50,000 each. This is the place where capitalism and healthcare meet.

At Eli Lilly's depression stand, yellow, red, and purple lights flash the words "Where does it hurt?" There are no obvious drug names. Why advertise without mentioning a specific product? Because Lilly is advertising a disease, not a drug.

The "Where does it hurt?" sign flashes alternately with "What four little words could give your patient a better chance to achieve remission?" Lilly's new drug Cymbalta, a serotonin and norepineph-

rine reuptake inhibitor whose only rival, so far, is Effexor, has been proven in a recent clinical trial to show some efficacy in treating the physical symptoms (e.g. fatigue, back pain and aches) that often accompany depression. But in a crowded antidepressant market, your drug has to do more than treat depression – it's gotta' do something else. But what? Associated symptoms, that's what.

Lilly has spent more than a year selling the hurt to physicians in journals such as the *American Family Physician* with an ad that reads: "What did 69 percent of patients diagnosed with depression say? I hurt." An earlier two-page document about depression, which seeded the ground for Cymbalta, shows a bicycle wheel with the slogan: "We're not reinventing it. We're just taking a closer look."

What is happening in the APA exhibit hall, however, is exactly that: reinvention. Drug companies are reinventing depression by promoting niches which drugs in the pipeline may someday fit, drugs that aren't even on the market yet. And they are taking existing drugs and colonizing whole new areas of treatment. This drug is now good for agitation. This one works well for pain. This one is for anxiety or tiredness. Lilly is looking to Cymbalta to be its bedrock product in the depression market.

Some analysts are already calling it the "next blockbuster antidepressant," and, no doubt its alleged dual action on emotional hurt and physical pain is the key marketing factor. There's no better way to get Cymbalta's sales curve climbing early than pounding that message into the physicians' heads – long before the drug is approved.

Meetings like the annual APA fulfill a crucial marketing role – part of a "pre-launch awareness campaign." As Dr. David Healy notes in his latest book *Let Them Eat Prozac*, the market development for a drug doesn't just involve scientists, but depends on public relations and communications companies. The goal is to make the new drug have impact and brand presence in the mind of prescribers. David Healy is one of a few high-profile physicians who

are critical of the way pharmaceutical companies have shaped physicians' behaviour. In 1998, in a high-profile resignation from the APA, Dr. Loren Mosher called the American Psychiatric Association a "drug company patsy," adding, "Psychiatry has been almost completely bought out by the drug companies." The merchants of the chemical definition of mental illness rely on a key aspect in the practice of medicine: the power of expert opinion. That's why you won't find many David Healys or Loren Mosher's speaking at an APA conference where new depression niches for drugs like Cymbalta are being created and promoted.

No one could argue that people suffering acutely with depression or mania shouldn't have the best treatment available. But how many people fit this description? It is a reverberating refrain in the disease-selling business that there are huge – sometimes grossly inflated – estimates of how many people are suffering from the disease, and rather few whom are being treated. This is the gap that propels the marketing of the disease by public and private agencies. Promoters of the undertreatment paradigm are found even among those without drugs to sell. The World Health Organization states that 121 million people worldwide are affected by depression.

It projects an increase in mental disorders up from nearly 12 percent of all diseases worldwide to almost 15 percent by the year 2020. The

It takes a lot of money to attract 20,000 health professionals to a meeting, and most of the APA annual conference is underwritten by the drug industry.

WHO uses the term "treatment gap," and points out that fewer than 25 percent of those affected have access to effective treatments. Other groups such as the National Institute of Mental Health say that one in five adults in the US, or 22 percent of all adults suffer from a diagnosable mental disorder in a given year.

What is lost in those statistics, however, is that they very much depend on the diagnostic criteria used by researchers. In Australia, professor Ian Hickie led a major campaign which claimed that 30 percent of people who walked into doctors' offices had an undiagnosed mental illness. As a

continued on page 14

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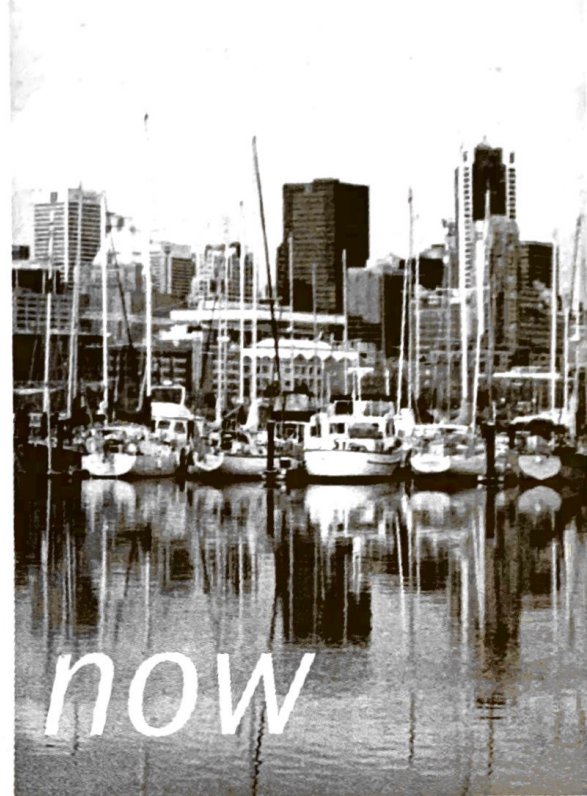
False Creek by Celia Brauer

WHERE HAVE ALL THE SALMON GONE?

HABITAT



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Then and now

If you live in the False Creek district of Vancouver, you are accustomed to the urban landscape – paved streets, houses, businesses, industrial sites, and the ever-present sound of traffic. When it rains, water is carried to the sea in storm

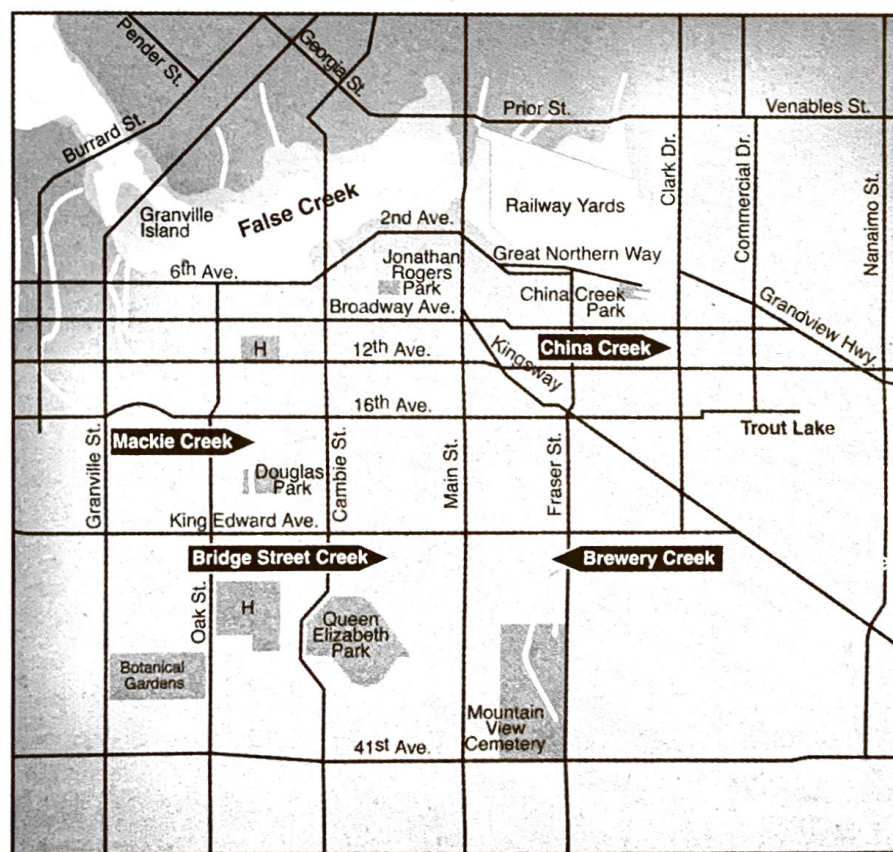
drains, out of sight, beneath the roads and buildings. A scant 150 years ago, this was a dense temperate rainforest with numerous creeks that emptied into the ocean through rich tidal flats. It was home to First Nations people who had lived in balance with the area's natural abundance for thousands of years. Why were the forests cleared? What happened to the freshwater streams? It could be said that a different set of values came to the region by way of European settlement. The newcomers tended to see nature as inhospitable, something to be tamed. It took them only a few decades to extract, process, and sell most of the watershed's abundant natural resources. The idea of "natural capital" – the value of nature as an essential part of our economy – had yet to become the significant issue that it is today. We now realize that our communities can, and must, be friendlier to the ecosystem of which they are a part. Green spaces in an urban environment help freshen the air and filter polluted rainwater before it enters the water table and the ocean. We have come to understand the importance of preserving this rich natural inheritance for future generations.

To picture what the land around False Creek looked like 150 years ago, one has only to visit the old-growth forest at Lighthouse Park, the clear waters of Lynn Creek, the historic native village site at Jericho Beach, or the vast tidal flats of Boundary Bay. Then imagine a creek choked with the squirming red bodies of hundreds of returning salmon. The watershed around False Creek was once dense with huge coniferous trees, some over 1,000-years-old. Berry bushes of all kinds flourished in the understory. Bears and cougars roamed the woods, elk and deer inhabited the grassy pastures. In marshy areas near what are now Douglas Park and

Trout Lake, beavers built dams. There was a large bog called the Tea Swamp, south of 15th, between Main and Fraser. Creeks flowed from these marshy areas, swelled with countless other small streams, and wound their way down to the sea. Salmon and trout thrived. At high tide, the peninsula of present day downtown Vancouver was an island. The eastern end of False Creek was a large tidal flat, fanning out from a narrow isthmus of land at what is now Main Street. The shallows supported abundant sea life such as oysters, clams, crabs, and mussels. The seawater was rich with oolichans, herring, perch, flounder,

and rock cod. Sturgeon came into still side waters to enjoy their warmth and calm. Because of the rich intertidal life, thousands of migratory birds lived around the creek, and seals and orcas were often seen. The First Nations used to say, "When the tide is out, the table is set."

According to Major J.S. Matthews, Vancouver's chief archivist at the turn of the last century, False Creek was "...originally a narrow sylvan canal, where, at high tide, the waters lapped the lower branches of towering trees, which lined its shores, a placid marine corridor framed in forest green." False Creek's lost streams – where



Old shoreline Today's shoreline All these streams are now underground.

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did they go?

Although all of the creeks that flowed into False Creek have completely disappeared under the urban landscape, they played an important part in Vancouver's development and prosperity.

China Creek, with a total length of 16 km, was the largest stream that flowed into False Creek. It drained a huge area west of the Renfrew Highlands, from 45th to 4th Avenue. Flowing towards the northwest, it passed through Trout Lake and picked up at least three more streams from the south, before reaching seawater at what is now the corner of Glen and 7th. This creek took its name from the Chinese market gardens and pig farms near its mouth. People often stood on its banks to spear fish for dinner. Deep ravines with fast flowing creeks were often used as garbage dumps, and China Creek soon became polluted. By the '50s, city council deemed it a health hazard, and the creek was diverted

into a large sewer pipe. China Creek Park is located where the creekmouth used to be.

Mackie Creek began near King Edward Boulevard, followed close to Willow Street, and entered False Creek, which was then close to 6th Avenue. It cut a ravine 60 feet deep, which, according to Major Matthews, was "a natural barrier to travel." In 1882, the foot of Mackie Creek was very busy. "Small tugs and scows landed hay and barley for the oxen at Jerry Roger's logging camp in the muskeg where elk once pastured, now Douglas Park, Heather Street. After the oxen dragged the great logs down the skidroad, they were dumped into the boom from the tollway..." At least four more unnamed creeks west of Mackie began around Shaughnessy

Heights and flowed into False Creek, close to the sandbar that was later built up to become Granville Island. One that paralleled Hemlock Street was well known for its cutthroat trout.

Brewery Creek, a deep watercourse that supported lots of fish, had its headwaters at 37th and Fraser where Memorial View Cemetery is now. It followed Fraser Street, then moved west towards Main and 15th at the Tea Swamp. Even today, the streets here are bumpy, due to the soft, boggy ground beneath. From there, it flowed steeply downhill, entering the now drained eastern flats at Brunswick and 1st Avenue. Near the turn of the century, its deep, fast moving waters were dammed

at East 8th to power local breweries. Gladys Schwesinger, who lived at the foot of Brewery Creek from 1897 to 1908, describes the area as "our special preserve, our forest retreat, our playground, and my own personal conception of a fairy-

land on earth..." Gladys and her friends waded in the cool waters, "and climbed back and forth over the many logs, which had conveniently fallen across its deeper pools, joining rock to rock, and affording walkable bridges."

Another large stream, the Bridge Street Creek, began on the eastern slope of Little Mountain, where Queen Elizabeth Park is today, and entered False Creek near Cambie Street. It was also well known for its fishing. Major Matthews wrote, "...at Cambie and Broadway (in 1900), salmon came through the southwest corner of the intersection in abundance." Standing at this busy intersection today, it is hard to imagine a stream choked with salmon.

Check out Under Our Feet, Water Still Flows, on page 29

The newcomers tended to see nature as inhospitable, something to be tamed. It took them only a few decades to extract, process, and sell most of the watershed's abundant natural resources

Salmon Celebration — remembering our history

The second annual Salmon Celebration takes place September 25, BC Rivers Day, in SE False Creek. Individuals are invited to celebrate Vancouver's wilderness heritage and connect with groups who practise watershed stewardship and urban sustainability. This free event was created to honour the spirit of the salmon that historically lived in the streams that flowed into eastern False Creek. If the spirit moves you, dress up like a salmon or forest animal, or bring rat-

tles, masks, or drums, whatever inspires you to remember a lost salmon stream. Gather in Jonathan Rogers Park (7th and Manitoba) at 1PM. The parade begins at 1:30 and travels to Creekside Park (near Science World), where celebrations include workshops, food, entertainment, an environmental fair, and representation by First Nations. Check the Public Dreams website for prop-making workshops and associated cultural events. www.publicdreams.org/salmon.htm

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Co-Teacher: **Mariette Berinstein** is an Introductory Teacher and the Primary Supervisor for the Cascadia Centre. Mariette brings her deep passion for this work to her teaching. She has a private practice in Vancouver & Roberts Creek B.C.

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Letters

Lest We Forget

I picked up the *Common Ground* [August, 2005] that had the burned tricycle from Hiroshima in 1945. Kudos for a really arresting image for such an important story that should never, ever, be forgotten. The Enola Gay that dropped the first atomic bomb was in fact a B-29, not a B-52 as mentioned on the cover. I thought you should know.
Paul Barriscale

[We would like to thank the readers who wrote to advise of the error on last month's cover. We actually did know that the Enola Gay was a B-29 (as noted in the sidebar on page seven), however, with deadlines as they are, misprints sometimes occur. We apologize for the error. CG]

I am a third year student at the University of British Columbia. I would just like to take a moment to thank *Common Ground* for the very extensive and well-written articles in the August edition regarding the Hiroshima bombings. Few media offered any coverage of it at all. Given how, in my opinion, it was one of the most appalling and notorious acts of war - and loss of lives - I was surprised not to see more coverage. I greatly commend your publication, not only for choosing to write about it, but also for the excellent quality of the articles. Thank you for truly making the deaths of the thousands that died in Hiroshima and Nagasaki not in vain.
Vivian Davidson

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Vivian Davidson

Mad About Nuthouse

So Bill McNamara is never going to the nuthouse again. Well, lucky him! He has a choice, presumably. But many of us don't. We suffer from mental illness, or our family members do. I found McNamara's article *The Nuthouse* truly offensive. I strongly condemn his attitude toward the mentally ill, and *Common Ground* for publishing it. I have a close family member who has spent some time in Riverview. Schizophrenia destroyed his promising academic and athletic career. It also ruined his physical health and social life. Now tell me what's funny about that. Mentally ill people, and their families, all wish they could walk away from the whole thing like McNamara did. Maybe he should talk to some of them. If he had written in the same way about visible minorities, he would have immediately been identified as a racist.
Carel Moiseiwitsch, xxero@mac.com

Deadly Spins Inspire Soul Searching

Thank you for the ultra-relevant and very articulate series on the *Seven Deadly Spins*. Right on! Geoff Olson is a wizard of words (akin to Richard Corless, the long-time *Time* mag. movie critic), who has some very insightful perceptions of the prevalent mindset of our warped consumer-driven pseudo-culture. The good life has only produced an amorphous breed of humanity caught up in its insatiable pursuit of needless amenities and ego-booster that drive this artificial and unsustainable mass culture. You have brilliantly illustrated this modern reality with your very well crafted series that explores the modern psyche with amazing lucidity. Your insights provoke some very much needed soul-searching to guide our reflection beyond the labyrinth of today's frenzied pursuit of mindless gratification. There is a very relevant quote from George Bernard Shaw, who, I believe, said: "The reasonable man will always seek consensus among divergent viewpoints. The unreasonable man will stick to his own idea and will promote it above others'. Whatever progress humanity has achieved is due to unreasonable men." Please continue to be so unreasonable.
Guy Paquette

VIFF launches new film centre

FILMS WORTH WATCHING

by Robert Alstead

After years of anticipation, the Vancouver International Film Centre - the newest cinema in town - is finally opening its doors. As I write, there are a few loose wires and the odd stack of building materials littering hallways and entrances, but Vancouver International Film Festival staff have moved into their salubrious downtown residence at 1181 Seymour Street, and are gearing up for the fortnight film feast starting on September 29.

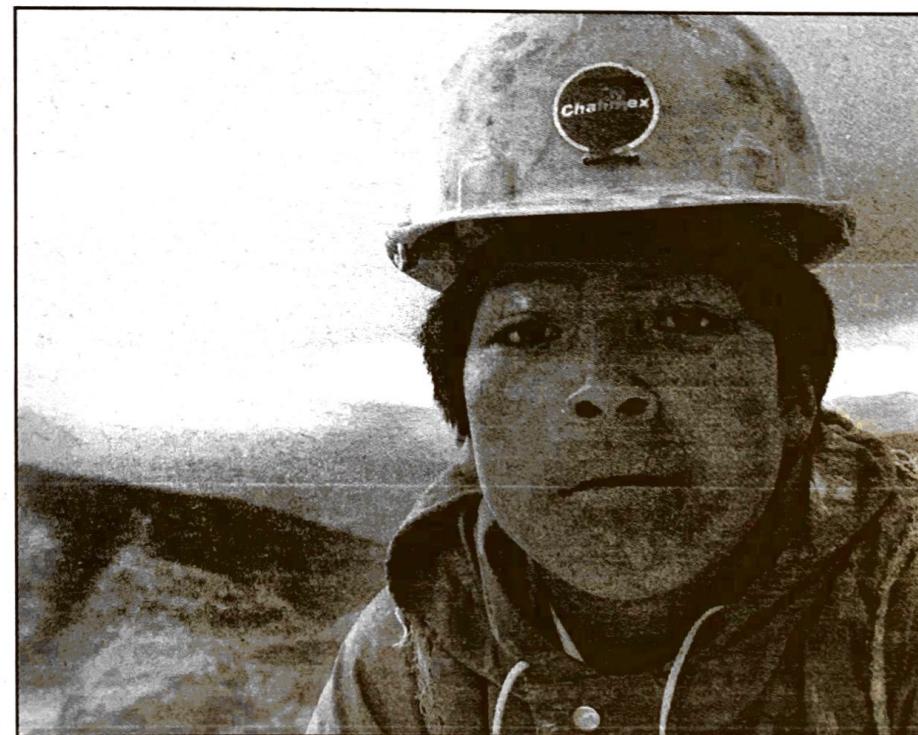
Festival director Alan Franey, whose office looks down on the spacious, curved lobby, is as excited as a new dad. Understandably. The plush 175-seat cinema is extravagant by normal standards. "The room is as large as many 500-seat theatres," says Franey. The seats, "the premium seats in the world," were shipped in from Paris. The 35mm, 16mm, and digital projectors came from Germany, "the Mercedes Benz of projectors," he says.

"The difference is that we've emphasized quality over quantity: that's true in everything we've done. It's the exact opposite sort of logic of most theatres, which is, 'Get 'em in! Get 'em out! Distract them with arcade games. Get as much of their money at the concession stand as possible'... We encourage people to stay."

At a time when the public is turning its back on the cinema for DVD, this kind of luxury may rekindle people's appetite for the big screen experience. That, and a diverse, international programme that will be radically different from mainstream fare. As a non-profit, VIFF doesn't have a commercial remit, so Franey will be catering the year-round for his constituency of

40,000 VIFF Society members. (To see a film at the festival, you must buy a membership as most films are unclassified).

the World, Common Ground) will bring his latest film *Roma* to VIFF, tying in with a planned retrospective of his work at VIFF.



The Devil's Miner documents the life of 14-year-old Basilio Vargas, a Bolivian silver miner of four years standing.

With the festival still to get through, Franey expects that he won't be scheduling full VIFF monthly programs until January 2006, but he will be using the festival to "signal" what kind of programming we can expect when VIFF is fully operational. For example, Argentinian filmmaker Adolfo Aristarain (*A Place in*

The first event to use the new centre will be the annual Film and Television Trade Forum (September 28 - 30).

As always, there's a strong quotient of documentaries at VIFF. Franey recommends *The White Diamond*, by veteran German documentarian Werner Herzog, continued on page 33

Kropotkin vs. Darwin

CULTURE

COOPERATION AS AN EVOLUTIONARY FORCE

by Geoff Olson

Can the efforts of one anonymous individual act for the greater good in the far off future? Can a single person, at the right place at the right time, catalyze change on a historic scale? In this series we look at individuals, some known, but others relatively unknown, who accomplished great deeds, far beyond what they may have thought possible themselves. Their accomplishments in the arts, sciences, in the political sphere, or in the service of global peace or justice, have not just burned paths for others to follow; they have inspired others to set out and create paths of their own.

Some years back, television advertisements pitched the video collection *The Trials of Life*, from the PBS wildlife series. The ads promised "uncensored, shocking, explicit footage" of violent struggle from a "savage and untamed realm," and offered teaser shots of wild animals tearing each other in two. The nature-porn narration made the ads unintentionally funny; purchasers of the series were guaranteed to understand "why they call them animals." (The ads reminded me of an old Monty Python skit portraying limpets locked in mortal combat, with John Cleese's voiceover announcing that "this pattern of aggressive behaviour is typical of these nature documentaries.")

The notion that wild creatures do little more than fight, feed and fornicate – the gladiatorial concept of nature – has long persisted in both popular and intellectual circles. It's a dog-eat-dog world out there. But is that really so? Is brute competition the sole evolutionary driver in the animal world – and by extension, our own – or do cooperation and collaboration play a significant role?

We have all heard of Charles Darwin. Some of us have even heard of Alfred Russell Wallace, the scholar who independently came up with the theory of evolution by natural selection. But few of us have heard of Prince Peter Alexeivich Kropotkin. Although reduced to a footnote in historical surveys of intellectual thought, the czarist-era Russian nobleman and geographer made significant contributions to evolutionary theory, ecology, and social criticism. In 1902, he gathered these ideas together in *Mutual Aid*, a

Factor in *Evolution*, a work that has mostly disappeared down the Anglo-American memory hole. Yet his ideas on the cooperative nature of life on Earth, though radical in his time, have received greater support over the past 30 years. Life, it turns out, may even be more cooperative than Kropotkin thought.

Born into the highest rank of the Russian aristocracy in 1842, Kropotkin's future comfort seemed assured. His family had descended from the Rurik dynasty, which had governed Russia before the Romanovs. According to John R.

to select a Cossack regiment near the Manchurian border. Kropotkin's choice of work locale surprised his superiors, who resisted his eccentric-sounding decision. He reminisced later in life about how his determination also had a political dimension. "Besides, I reasoned, there is in Siberia an immense field for the application of the great reforms which have been made or are coming; the workers must be few there, and I shall find a field for action to my tastes." Successfully winning his choice of post in Eastern Siberia, he met with General Kukel, head of the general staff,

who was a personal friend of Bukunin, an anarchist philosopher who had recently escaped from prison in Siberia. Kukel introduced Kropotkin to Bakunin's wife, and the three spent many evenings talking long into the night.

(Anarchism has connected in the popular imagination with the image of the black-clad, bomb-throwing lover of chaos. In fact, the foundations of anarchist thinking embrace the idea of peaceful collectives living in decentralized systems; a rejection of the top-down models of communism's central planning and capitalism's free market monopolies.)

In these years, czarist agents weren't particularly welcome

in these far-flung areas of the Russian Empire, so on his geographical explorations Kropotkin traveled alone and in disguise. In 1865 he undertook his most important exploration of Siberia, in the company of a zoologist and topographer, travelling in an armed party of 10 Cossacks and 50 horses. Mesmerized by the theories of Darwin, he and his colleagues found an interesting divergence between theory and observation. "We were both under the fresh impression of *The Origin of Species*, but we looked vainly for the keen competition between animals of the same species which the reading of Darwin's work had prepared us to expect ... even in the Amuri and Usuri region where animal life swarms in abundance, facts of real competition and struggle between higher animals of the same species came very seldom under my notice, though I eagerly searched for them."

Kropotkin conceived a novel idea; the

continued on page 32



Bleibtreu's study of natural history, *The Parable of the Beast*, he came from a family of six, with "a servant retinue of over 50 persons including a tailor, a piano tuner, a confectioner, and a band of 12 musicians; all serfs."

In his early teens, Russian court society accorded Kropotkin the highest honour available to a young nobleman – appointment to the czar's personal retinue of pages. During his studies at St. Petersburg University, he became fascinated by the theory of evolution, which became for him an "inexhaustible source of higher poetic thought, and gradually, the sense of man's oneness with nature, both animate and inanimate." What the young prince considered "the poetry of nature" became the philosophy of his life.

In 1862, he finished his tour of duty as a page, and had to choose a regiment in which he would be commissioned as a junior officer. His fascination with Siberia – its land, peoples and wildlife – led him



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Kropotkin vs. Darwin

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by Geoff Olson

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The way out of pain is acceptance

THE POWER OF NOW

by Eckhart Tolle

The greater part of human pain is unnecessary. It is self-created, as long as the unobserved mind runs your life. The pain that you create now is always some form of non-acceptance, some form of unconscious resistance to what is. On the level of thought, the resistance is some form of judgment. On the emotional level, it is some form of negativity. The intensity of the pain depends on the degree of resistance to the present moment, and this, in turn, depends on how strongly you are identified with your mind. The mind always seeks to deny the Now and to escape from it. In other words, the more you are identified with your mind, the more you suffer. Or you may put it like this: the more you are able to honour and accept the Now, the more you are free of pain, of suffering, and free of the egoic mind.

Why does the mind habitually deny or resist the Now? Because it cannot function and remain in control without time, which is past and future, so it perceives the timeless Now as threatening. Time

and mind are in fact inseparable. Imagine the Earth devoid of human life, inhabited only by plants and animals. Would it still have a past and a future? Could we still speak of time in any meaningful way? The question, "What time is it?" would be quite meaningless. Yes, we need the mind, as well as time, to function in this world, but there comes a point where they take over our lives, and this is where dysfunction, pain, and sorrow set in.

The mind, to ensure that it remains in control, seeks continuously to cover up the present moment with past and future. An increasingly heavy burden of time has been accumulating in the human mind. All individuals are suffering under this burden, but they also keep adding to it every moment whenever they ignore or deny that precious moment or reduce it as a means of getting to some future

moment, which only exists in the mind, never in actuality.

If you no longer want to create pain for yourself and others, if you no longer want to add to the residue of past pain that still lives on in you, then don't create any more time, or at least no more than is necessary to deal with the practical aspects of

The mind, to ensure that it remains in control, seeks continuously to cover up the present moment with past and future.

your life. How to stop creating time? Realize deeply that the present moment is all you ever have. Make the Now the primary focus of your life. Always say "Yes" to the present moment. What could be more futile, more

insane, than to create inner resistance to something that already is? What could be more insane than to oppose life itself, which is now and always now? Surrender to what is. Say "Yes" to life, and see how life suddenly starts working for you rather than against you.

The present moment is sometimes

unacceptable, unpleasant, or awful. It is as it is. Observe how the mind labels it and how this labelling process, this continuous sitting in judgment, creates pain and unhappiness. By watching the mechanics of the mind, you step out of its resistance patterns, and you can then allow the present moment to be. This will give you a taste of the state of inner freedom from external conditions, the state of true inner peace. Then see what happens, and take action if necessary or possible.

Accept – then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life.

Excerpted from *The Power of Now* by Eckhart Tolle, \$14 US, \$15.75 Canada, trade paperback, published by New World Library and Namaste Publishing. Available at local and online bookstores. www.newworldlibrary.com www.namastepublishing.com

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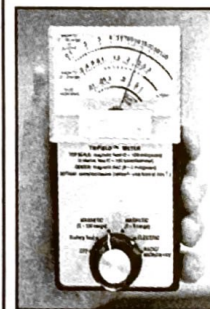


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What is real?

UNIVERSE WITHIN

by Gwen Randall-Young

*And all my days are trances,
And all my nightly dreams
Are where thy gray eye glances
And where thy footstep gleams—
In what ethereal dances
By what eternal streams.*

To One in Paradise – Edgar Allan Poe

Reality is impossible to pin down. It seems to be a concept that we adopt, which allows us to go about our business. It is the tip of the iceberg of our experience, and like *Alice in Wonderland* we may feel that if we look too deeply, we will fall into a hole and be hopelessly disoriented. Unless we are quite grounded, there may even be some truth to that.

We look out into the world, and we see what we assume to be reality. The trees are green, the sky is blue, and the occasional bird flies by. We know it is all real because we can go out and touch that tree, and, yes, it is solid and real. At the same time, we know, as scientists will tell us, that it is only because of our senses' unique way of perceiving the world that it appears as it does. Other species do not see the world in the same way. Further, physicists would point out that all that we see consists of energy fluctuations. If we remove all the empty space between the molecules and atoms, very little would remain. What is real becomes more and more nebulous.

And what of the dream state? In dreams, the reality we experience is as real as that of our waking state. Our perceptual apparatus is asleep, yet we see the dream reality unfolding as though we were experiencing it through our waking senses. We only realize that we were dreaming once we awaken. It is then that we come to the question of outer and inner reality. As Wayne Dyer points out, what you see when you look in the mirror is only your physical form, it is not who you truly are. Who you are is that part that observes what it sees in the mirror, or out in the world, or in your dreams.

The essence of who we are cannot be experienced in the way that we perceive

the rest of our reality. To do that, we would have to access the observer who observes our observer – some part that could truly get outside of us to get an external viewpoint – but you can see where that would lead. Like a hall of mirrors, we would never get to the end of the observer observing the observer, observing the observer, ad infinitum. The startling reality is that there is no outside viewing point. That is a delusion of the ego. Ego first creates the illusion of separateness and then imagines there are an out there and in here. This lays the groundwork for a lot of existential angst, to say the least. So how do we reconcile the fact that we are not separate – that we are part of one living, dynamic, cosmic whole – yet we have an ego that creates its own little separate world, with all of the joy, sorrow, comedy, and tragedy that it can muster?

Perhaps the best approach is to think of life as a series of dreams. Every story, theme, relationship, issue, or situation in our lives is like a dream. Much of how we put it together in our heads is of our own making, and like a night dream, eventually, whether it takes days, years, or a lifetime, we will see that it is all transient. We may dive in and play our part passionately, but it is still a dream. Instead of identifying with the ego – the protagonist in all of our stories – we can identify with the dreamer. We can create our lives as if they were lucid dreams; we know that we are dreaming, but we enter into the dreams and consciously direct them. When we do this from the highest place in our being, our direction is always coming from a place of love, kindness, compassion, and the highest good of all. This, I believe, is living a soul-directed life. Such a life is characterized by far less drama, and much more peace, tranquility, acceptance, and love.

Gwen Randall-Young is an author and psychotherapist in private practice. Additional articles and information about her books and transformational CDs can be found at www.gwen.ca

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continued from page 7

paid consultant for drug manufacturer Bristol Myers Squibb, Hickie was using and promoting the use of an instrument to diagnose depression – one of those classic screening tools that seems to catch nearly everyone, because the symptoms are so common. A few years later when academic researchers rigorously evaluated Hickie's instrument, they found it totally inadequate, and were disturbed by the huge numbers of false positives – people who ended up with a label for depression who weren't in fact depressed.

Every October, National Depression Screening Day rolls across campuses, hospitals, and schools all over North America, asking the question, "Are you tired? Sad? Anxious? Stressed?" In BC in 2003, a one-day conference entitled *Untreated Depression and Anxiety Disorders in the Workplace*, organized by the Canadian Mental Health Association, was sponsored by the provincial health services, a few banks and credit unions, and Wyeth, Glaxo, Pfizer, Novartis – all manufacturers of antidepressants. This year, they've captured media attention with the presence of Premier Gordon Campbell, and what better way to focus the attention of the media and the masses than to use the magnet of a high-profile politician? His personal story is tragic – his father, an assistant dean of medicine at the University of British Columbia, suffered from alcoholism, was fired, and committed suicide in 1961. Yet this kind of story is a golden opportunity to raise the kind of media-piercing awareness the sponsors want for their event.

Using high-profile politicians to sell sickness is not new, and some might defend the practice, saying that raising awareness is vital to ensuring that people get the help they need. In the case of Premier Campbell, his personal story is used in neither a crass, nor distasteful, manner, yet it is disturbing how easily such a story can legitimize and promote the benefits of depression "screening" and treatment. It is definitely a coup for the drug companies who – providing almost the only available treatments – can simply sit back and allow public figures to do their marketing for them. Public facilities are being harnessed to the cause. The BC Ministry of Health sponsors the annual Depression Screening and Education Day as part of National Depression Month. Among the event's "gold" sponsors is Wyeth, which makes a leading antidepressant, Effexor. This day is designed to cast a wide net, and what better place to stage the actual screening than in the main building housing employees of BC's largest government ministry? Given recent government cutbacks and downsizing, there is no doubt a higher-than-normal level of angst in government. Hundreds pour in to get screened.

Wyeth's marketing has not only invaded public health facilities, however. Effexor is a relatively new treatment for depression and in the same SRNI class as Lilly's forthcoming Cymbalta, whose maker has been particularly interested in targeting the 15 million American college students. Wyeth funds a series of special events on campuses involving MTV stars like Cara

Kahn (who takes Effexor). The seminar *Depression in College: Real World, Real Life, Real Issues* is held in order to raise awareness about depression and the drugs to treat it. Featuring free screenings for depression and celebrity speakers – be they Premier Campbell or Cara Kahn – it is all about creating impact.

Perhaps being screened for depression will help some people, but critics say that such screening only provides a platform for those who have something to sell. They say that public health agencies are being duped when they sponsor and promote screening for normal mental distress, and that they are becoming unwitting medicalizers of depression. Dr. Iona Heath, a general practitioner in London, England, maintains that the whole screening paradigm has never been evaluated, and there is the likelihood that pegging someone as in need of medical help may unnecessarily drag them into the maw of the medical system. While she says it's important for doctors to diagnose and treat genuine mental illness, she is concerned that too many people with ordinary life experiences are being offered a label and a drug, including those who have lost a loved one, face the prospect of job loss, live in a damp cold home, or experience domestic violence. She writes in the *British Medical Journal* that the questionnaires used by medical researchers to "diagnose" depression are so broad that they may wrongly label people as sick far too often.

Heath takes the time to listen to her patients who, she maintains, largely reject the "culture of reductionism" which reduces their complaints to a mere problem with neurotransmitters. She sees the doctor-patient relationship in terms that don't fit within the instant pill-for-every-ill model, where patients are characterized as broken, and the physician is there to fix them. She sees medical care more as a dialectic, a meeting of two experts: the doctor, an expert on disease, and the patient, the expert on his or her own aspirations. The goal is to come to a mutual agreement on the extent to which patients want to medicalize their lives. She also proposes treatments from a larger bundle of solutions, like prescribing exercise which she says is "evidence-based," and shows benefit, although it is not heavily promoted in the same way as the biochemical approaches. She also gets people to write things down, to tell stories, and to take dancing classes – reverting to the traditional human solution of sublimation, the art of "distracting yourself from the imminence of death and suffering."

She is not alone in promoting the non-medication approaches to treating human distress. Some researchers might agree that perhaps screening is not such a bad thing, especially if there are large numbers

of people who may be undertreated for mental illness. But they question whether antidepressant drugs are the best way to treat those people. Despite the enormous popularity for SSRI treatments for "just about everything," David Antonuccio, a clinical psychologist and professor in the department of psychiatry at the University of Nevada, says bluntly: "The scientific data don't support that popularity. From my perspective, there are alternatives that are just as effective and even have some advantages in terms of preventing relapses."

After nearly 20 years of such research, Antonuccio is among the world's experts on comparative efficacy studies, those studies that compare drug to non-drug treatments in the treatment of depression. In an article in 1994, he published a study that showed that non-drug treatments such as CBT, talk therapy, and even exercise, to be as effective in the short run, and possibly more effective in the long run than drugs. What happened next caught him off guard. "We got contacted by every media outlet you can imagine – CNN, USA Today. People from newspapers and TV from all over the world were calling us. And we were thinking: 'What the hell is going on? All we were saying is therapy seems to be as good or effective as the

drugs in the short run, and appears to be better in the long run.' He maintains that there is no new science to dispute those initial

findings. In fact, he and his colleagues have been publishing variations of the same paper for the last decade. What he says is most disheartening – that this research can't seem to pierce the all-pervasive worldwide view of mental illness as chemically caused and treated. "Look, I was watching *Good Morning America* this morning and they told me 'your weather report is brought to you by Paxil.'"

The culture of antidepressant use has been beaten into our collective consciousness. Adverse effects associated with those drugs, however, do not seem to get much airplay. A growing chorus of people charges that there are some serious downsides to the entanglement of pharmaceutical manufacturers that are defining diseases, and physicians who are writing prescriptions. In early 2005, amid dramatic and emotional public hearings at the United States Food and Drug Administration, Karen Barth Menzies, a Los Angeles attorney, testified about the concerns relating to SSRI use in children. She cited evidence of unpublished company trials, which failed to show any benefit for several of the new pills. She noted: "The clinical researchers who did these trials on kids and the drug companies themselves, confirmed that there are multiple events of suicidality caused by the drug." Several months after this testimony, the attorney gen-

eral of New York State launched a lawsuit against GSK, alleging that the company fraudulently withheld data about Paxil's safety. He noted that by "concealing critically important scientific studies on Paxil, GSK impaired doctors' ability to make the appropriate prescribing decision for their patients and may have jeopardized their health and safety."

With thousands of drug reps working clinics, hospitals, and conferences worldwide and drug-funded key opinion leaders working hotel meeting rooms, how can public health compete? How can we reclaim medicine from the marketplace? Several years ago, Bob Goodman, a New York internist started nofreelunch.org, a website dedicated to escaping the influence of practitioners. A group of physicians in Australia led by Dr. Peter Mansfield also runs a website called HealthySkepticism.org, which exposes the problems with market-based definitions of disease and treatment. Both Goodman and Mansfield are of the opinion that prescribing under the influence of marketing is like driving under the influence of alcohol.

Some say that we get the medicine we ask for. Antidepressants fit the single-pill solution that many of us expect, yet when the definitions of disease itself are being sold, and where the dangers inherent in using those pills are downplayed, how many physicians really have what they need to help their patients get through particularly tough times?

Meanwhile, Michael Oldani (who has since gone on to better things) has noted that a revolution occurred in the late 1990s when drug salespeople gained access to "script-tracking" software. No longer did reps need to schmooze the office receptionists like Joyce with apple fritters to find out what the doctor was writing. Now, with the help of computers, they could buy prescribing data, collected from pharmacies and tabulated, so that the reps could actually focus on the high prescribers and gain even more "face time" to promote products. The fact that they now had the real details about a doctor's prescribing habits created what Michael refers to as a technology-induced "involution" where major companies could do even more of what works: swarm prescribers with even more representatives and gifts.

And despite the controversies, the mounting lawsuits, and the growing sense of unease about medicating depression, Zoloft generated \$3.1 billion in sales in 2003.

Alan Cassels is a drug policy researcher at the University of Victoria. He has spent most of the last 10 years studying how clinical research about prescription drugs is communicated to policy makers, prescribers, and consumers and has produced several full-length documentaries for CBC Ideas, including *Manufacturing Patients*, which deals with the subject of selling sickness.

Alan Cassels presents a free talk in the authors' tent at The Word on the Street Festival, Sunday, September 25, 11:20 am, Library Square (at Georgia and Homer). Book signing follows. For more info, visit thewordonthestreet.ca

Reclaiming democracy

WE STILL WANT BC-STV *by Myke Logan*

What happened to democracy in BC? Proportional representation – electing representatives in accordance with voter preference – is a central principle in 90 percent of the world's major democracies. In those countries, citizens believe that if 10 percent of the people vote for a particular party, it only makes sense that 10 percent of the seats in parliament go to that party. Under our current system, First-Past-the-Post (FPTP), that will never happen. But, we the people still hold the keys to the political kingdom.

Political change doesn't come easy. When the opportunity arrives, citizenry has the responsibility to, as Gandhi put it, "Be the change [they] wish to see in the world." The issue of proportional representation is still alive. Premier Campbell, opposition leader Carole James, and the Green Party's Adriane Carr have all assured the public that electoral reform is still being pursued. The Electoral Reform Amendment to the Referendum Act shows the BC legislature still has the power to adopt BC-STV. A clear majority of citizens – 57.69 percent – want BC-STV.

Some say implementing BC-STV now, after the referendum has "failed," would contradict democracy. Consider that for a moment. Forty-two percent of the people decide what's best for the majority; is this not a distortion of democracy? What if the threshold had been set at 65 percent or 70 percent? Democracy is rule by the people, not people following arbitrary rules.

While we're at it, let's debunk some other BC-STV myths.

MYTH: It's not the right system for BC

FACT: It offers proportional representation, local representation (as opposed to toeing the party line), and greater voter choice. MLAs are accountable, there are no safe seats. The Citizen's Assembly specifically tailored this system for the prov-

ince.

MYTH: The counting system is too difficult to understand.

FACT: I don't understand the algorithm of my email program, the mechanics of my car engine, or the formula behind gravity, but I trust that I can still receive spam in my inbox, drive my car, and fall down the stairs. If you can list five things in order of preference, you can understand your role in STV.

MYTH: BC-STV means more computerized vote-counting.

FACT: In Vancouver, votes have been scanned and tallied by computer since 1988. The paper ballots would remain as a verifiable record.

Simple majorities of 50 percent plus one vote are the standing rule, and such a capricious replacement of democratic principles is an abuse of the people's trust.

MYTH: There will be too many candidates on the ballots.

FACT: Where STV is used, there were an average of seven choices where three officials are being elected, and 15 choices where six officials are being elected.

Though not an electoral conspiracy (because the Assembly wouldn't have happened in the first place, if it was), the double super-majority referendum continues to beg the question of why the difference in standards. Simple majorities of 50 percent plus one vote are the standing rule, and such a capricious replacement of democratic principles is an abuse of the people's trust. What is more frightening, however, is that the people have yet to respond to that abuse.

As pointed out by J. Patrick Boyer in the July issue of Common Ground (www.commonground.ca), British Columbians have always passed referenda with simple majorities. Only political protectionism would explain opposing the will of the people. While BC majority governments are elected with less than 50 percent of the vote, electoral reform stagnates with 58 percent of the vote. In Ireland, which has a successful STV system in place, politicians twice tried to pass referenda repealing STV, requiring only 50 percent plus one vote to do so.

The Citizen's Assembly on Electoral Reform was one of the grandest experiments in modern deliberative democracy. At no other time have citizens been given the opportunity to address and correct electoral politics on behalf of a populace (without resorting to violence). The Assembly – one man and one woman from every riding, plus two aboriginals – were given a year to determine and recommend a voting system, which represented all sections of the population. An overwhelming majority (93 percent) voted to recommend BC-STV to British Columbians.

Nonetheless, BC-STV is not the only option. Far more democratic countries in the world use the mixed-member proportional (MMP) system. Katherine Gordon, responsible for presenting the merits and shortfalls of MMP to the Assembly, says that although she favours MMP, her "fundamental vote is for electoral reform." Gordon voted under the MMP system in New Zealand, and like most of the province, knows FPTP "simply doesn't work."

It's up to the voters to make the difference now, and to hold the politicians, who promised electoral reform, accountable. Solutions exist: reintroducing the Assembly, gathering public support by

continued on page 34

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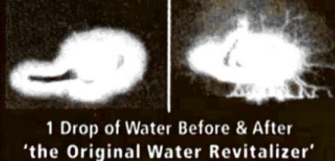
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Let's get out of NAFTA

by David Orchard and Mel Clark

POLITICS

In the flurry of outrage over the US refusal to comply with the latest NAFTA ruling on lumber, something is missing. Editorials abound, former negotiators and promoters of NAFTA are talking tough. Others suggest ill-conceived threats or demand that the prime minister talk to President Bush.

Nowhere in these responses is there a concrete plan of how Canada should respond.

Lost in the cacophony of bluster is the fact that Canada is already part of a coherent rules-based trade agreement with the US. It is called the World Trade Organization (WTO), formerly the General Agreement on Tariffs and Trade (GATT) and it has the mechanisms already in place to enable Canada to emerge a clear winner from the current situation.

Founded in the late 1940s, the GATT/WTO was for almost 40 years the primary trade contract between Canada and the US. In all of that time, the US was never able to levy a countervailing or anti-dumping duty on our exports of lumber. During those four decades, Canada traded profitably, our standard of living rose, we won almost all our trade disputes with the US – and Washington abided by the rulings. By the mid-1980s, 90 percent of Canadian lumber entered the US tariff free and the duties on the remaining 10 percent were negligible.

It was only when Canada decided to

turn away from the multilateral framework of trade rules with the US and enter into a bilateral one-on-one free trade agreement (FTA) in the mid-1980s, that US industry saw its opportunity and used it. It has been using it ever since.

Under the FTA and NAFTA, it is US law which now applies in countervailing, anti-dumping and related disputes with the US. The dispute panels are limited to deciding if the US has applied its own law correctly. Furthermore, the US can at any time amend its trade law without Canada's agreement, and on lumber alone, it has done so three times to Canada's great disadvantage. In other words, the FTA and NAFTA, instead of giving us more secure US market access, unleashed the full force of US protectionism to be used against Canada in a way that was not possible under GATT/WTO.

As for the dispute settlement mechanism, touted repeatedly as the crown jewel of the FTA, all agreements end when the negotiated means of resolution are discarded by either player.

The answer is not to shake our fists or shout meaningless threats at the US. The answer is to simply return to the safer, more effective, already existing multilateral WTO framework. Under the WTO we have all the levers to get back the \$5 billion the US has taken in lumber tariffs and to make sure it doesn't happen again.

When the US not long ago threatened

hefty steel duties against Europe, Japan and a number of other steel exporters, Europe triggered the WTO retaliatory process and the Bush administration backed down. The same defences are available to Canada under the WTO.

Since signing the FTA and NAFTA, the US has taken 10 trade actions against the Canadian Wheat Board, Canada's largest net earner of foreign currency, and we now have US tariffs against our wheat exports.

In all the years of trading with the US under GATT, the Americans never launched a single formal action against the Wheat Board, because they knew they could not win.

The essence of the FTA and NAFTA is that they cede vital government powers to the US and the private sector that were used to build an independent Canada. What the US wants out of the repeated challenges against Canadian lumber exports is to wear Canada down until it agrees to privatize its crown-owned forests, opening them to direct US ownership. In grain, the US wants an end to the Canadian Wheat Board. This would see the Canadian grain trade move virtually overnight into US hands.

There is a simple way out, without bluster or insults. Canada does not have to give up ownership of its forests, its industries and its institutions.

With a simple letter to the US, under

FTA Article 2106, NAFTA Article 2205, Canada can, with six months notice, withdraw from these agreements without penalty and without conditions. Our trading relations with the US will then automatically revert back to the GATT/WTO framework of international law, which will enable us to both maintain our institutions and trade profitably with the US.

All of the intolerable NAFTA rights US companies now have over Canada – to sue the Canadian government, to overturn Canadian laws, to control our exports and energy prices – would disappear. Chasing the dream of a "special relationship" and some kind of shortcut to "secure access" to the US market is a dangerous delusion which has cost Canada dearly.

To read more on NAFTA problems by David Orchard see www.commonground.ca

David Orchard is the author of *The Fight for Canada – Four Centuries of Resistance to American Expansionism*, and ran for the leadership of the federal Progressive Conservative Party in 1998 and 2003. He farms at Borden, SK. davidorchard@sasktel.net

Mel G. Clark was deputy chief negotiator for Canada at the Tokyo Round of GATT and Canada's chief negotiator for the International Grains Agreement. Retired and living in Ottawa, he is currently writing a book on NAFTA's impact on Canada.

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Healthy green lawns

ON THE GARDEN PATH

by Carolyn Herriot

On the Garden Path began a year ago with Greetings From the Garden Path, a weekly email newsletter sent to customers of The Garden Path Organic Plant Nursery in Victoria. Each week Carolyn wrote about what she was doing in the garden, the orchard, the greenhouse, with seed saving and soil building, with the intention of helping gardeners of all levels realize they can have the most healthy, productive and beautiful garden without resorting to substances harmful to humans, animals, wildlife, plants, worms or the myriad of soil-dwelling organisms.

Once the fall rains have started, it's the perfect time to feed the lawn. Use a certified organic fertilizer high in phosphorus and potassium to stimulate root development, rather than one high in nitrogen, which would stimulate lush, leafy growth just as we go into the dormant season. Warm, moist soil activates myriad soil microorganisms, which break down natural source ingredients and slowly release them as nutrients to grass plants. Avoid synthetic lawn fertilizers with high N-P-K ratios (ratio of nitrogen (N), phosphorus (P), and potassium (K) in fertilizers) as they destroy the intricate web of soil life. Synthetic fertilizers also cause fast cellular plant growth, resulting in weak tissues that are more prone to insect and disease attack.

Think of the lawn as a monoculture of grass plants, which is exactly what it is. Monocultures are completely unnatural, which is why we have to work so hard to maintain lawns to look like perfect, green rugs. A community of happy grass plants keeps weeds, pests, and diseases at bay, so consider the needs of the individual grass plants that comprise the lawn. Keep the pH neutral – around 6.5 – by applying screened compost and dolomite lime to raise the alkalinity when necessary. Practise a lawn maintenance program that includes regular aeration, dethatching if necessary, proper watering, seasonal fertilizing, and mowing with sharp blades at the correct height. All of these go a long way to creating a healthy, green lawn.

When cutting, use a mulch mower that leaves grass clippings on the lawn. The

clippings will break down to feed soil microbes. High populations of microbes breaking down organic matter should prevent a build-up of thatch.

Need a lawn restoration?

About mid-fall, cut the grass really short. If there's a build-up of thatch (undecayed grass roots etc.), dethatch and aerate the lawn, leaving the core plugs to break down and feed the grass. Apply dolomite lime if your soil requires it. Lawns on the wet, West Coast, where heavy rains tend to acidify the soil, usually need a yearly application. Wait two weeks after liming the lawn to fertilize. Use a certified organic winter-wise lawn food high in phosphorus and potassium. Phosphorus strengthens grass roots. Potassium strengthens grass blades and promotes general good health. Topdress with screened compost or a sandy garden loam. Over-seed with a grass mixture appropriate for both the amount of light the lawn receives and traffic conditions, and keep well watered until the grass seed has sprouted.

TIP: After seeding, topdress with a layer of screened compost – pure heaven for the lawn – and then roll over the area, which establishes good contact between the seed and soil. You can rent a lawn roller wherever you rent aerators and dethatchers. Hopefully, it will rain just after the lawn is seeded, and every day thereafter, because a newly seeded lawn must be kept moist, and never allowed to dry out. Grass needs warmth and time to germinate, and some grasses

take three weeks or more to sprout. Ideally, seed in time for a good root system to have developed before the first hard frosts.

TIP: To keep birds away from a newly seeded lawn, take a cedar stake about 18" long, and hammer a nail in one end, leaving it to stick out. Make a small hole in an aluminum pie plate. Tie the plate to the nail with twine, allowing it to bang around. Hammer the stake into the newly seeded lawn. Repeat this over the entire lawn; the flashing of foil and banging of plates frightens the birds away.

Apply a mycorrhizal inoculant (Mycorrhizal inoculants form extensions of plant roots that are more efficient than the roots themselves), or spray with compost tea. Effective microorganisms re-establish a proper microbial balance in the soil if microbes have been decimated by chemical fertilizers, pesticides, or herbicides. Microbes do not regenerate independently and must be reintroduced. When spraying the lawn with compost tea or using a mycorrhizal inoculant,

Monocultures are completely unnatural, which is why we have to work so hard to maintain lawns to look like perfect, green rugs.

avoid chlorinated water, which destroys microbes. Use rainwater, or fill buckets with city water and leave the chlorine to evaporate overnight before using.

From A Year on the Garden Path, A 52-Week Organic Gardening Guide by Carolyn Herriot. \$29.95. Earthfuture Publications, Victoria, BC. Available at Banyen Books and Duthie Books or www.earthfuture.com/gardenpath

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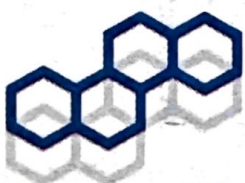
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Simplicity

SIMPLY WOMAN!

by Crystal Andrus

Most of us are aware that toxins such as nicotine and pesticides are pollutants that cause harm to our bodies. While these are two of the most obvious and dangerous ones, toxins come in many forms that are often overlooked. A toxic relationship or job can seriously impair our immune systems and cause damage to our bodies. Similarly, too much stress and lack of relaxation can put us into toxic overload, causing premature aging and an endless list of ailments.

In the right frame of mind, detoxification can truly be a time to connect with your higher self. Stress reduction, adequate sleep, supplementation, bathing, and meditation are also important. As outlined in *Simply... Woman!*, a three-day juice detox can have your body singing to the heavens. It is a very detailed process, so don't attempt it unless you are prepared to encompass the entire experience.

Your three-day detox

Choose three consecutive days that are as stress free as possible. Try to do your detox over a weekend, or when you can get up and go to bed an hour earlier than

normal. You need plenty of sleep at night and solitary time in the morning. During the detox, focus on all the beauty and goodness that surrounds you. Take a break from the news as well; avoid newspapers, radio, and TV. Read at least one book or story that is uplifting or empowering, and try meditating – it is the most effective way to spark your intuition. Elevate yourself to a higher level, and don't worry if it sounds self righteous. You are simply making the choice to eliminate negative and energy-draining things from your life, and electing instead to surround yourself with positive energy.

Nutrition

Leading into your detox, eat plenty of green salads and fresh fruits, and drink lots of water and herbal tea to mitigate the discomfort of the body chemistry changes initiated by the detox. During the three-day cleanse, avoid caffeine, alcohol, sugar, salt, and red meat, as well as all dairy prod-

ucts, protein, and cooked foods. These are all difficult to digest, and you want to give your system a chance to rest and heal.

The ideal technique for a successful detox is to drink fresh, raw, fruit and vegetable juices. A good juicer can juice all of a fruit or vegetable (including rinds, stems, peels, and seeds) to provide up to 95 percent of the plant's food and nutritive value. Numerous juices, and combinations of juices, are available, and each affects the digestive system differently. It's impor-

Too much stress and lack of relaxation can put us into toxic overload, causing premature aging and an endless list of ailments.

tant to choose juices that are appropriate for your specific needs. For weight loss, you can use grapefruit and cucumber juices generously when combined with the juice of a dark, leafy vegetable, such as romaine lettuce. Celery, spinach, and cabbage are other great staple juices. Although fruit and vegetable juices don't always compliment each other,

certain combinations are still delicious and healthy.

You can also cleanse your body with one of the green drinks sold widely in health food stores. Look for products that contain organic alfalfa, barley, wheatgrass, beet root, spirulina, apple pectin, chlorella, soy

sprouts, bee pollen, ginseng, Nova Scotia dulse, green tea, ginkgo biloba, and grape extract. In addition to your juices, be sure to drink eight glasses of water every day, however, do not drink unfiltered tap water. You can also drink herbal, non-caffeinated green, licorice, or dandelion root teas.

You may find that you experience some physical discomfort as your body begins to purge toxins. While headaches are common, resist taking a painkiller. You may also notice other side effects, such as bad breath. Just be aware that this is an indication that cleansing is occurring. Continue to take your multi-vitamin/mineral, vitamins C and E, essential fatty acids, and calcium/magnesium. After the cleanse, eat only fresh and simply prepared foods for the remainder of the week.

Exercise

Throughout the three days, begin each day with yoga, stretching, a relaxing meditation, or a light cardio workout, but avoid any heavy workouts or weight training exercises.

Crystal Andrus's column is a condensed version of her book on personal transformation. She is an authority on women's health, a sought-after speaker, and author of the bestseller *Simply Woman! The 12 Week Body/Mind/Soul Total Transformation Program*. www.hayhouse.com/details.php?id=2247.

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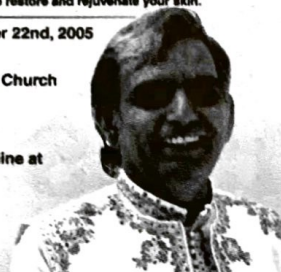
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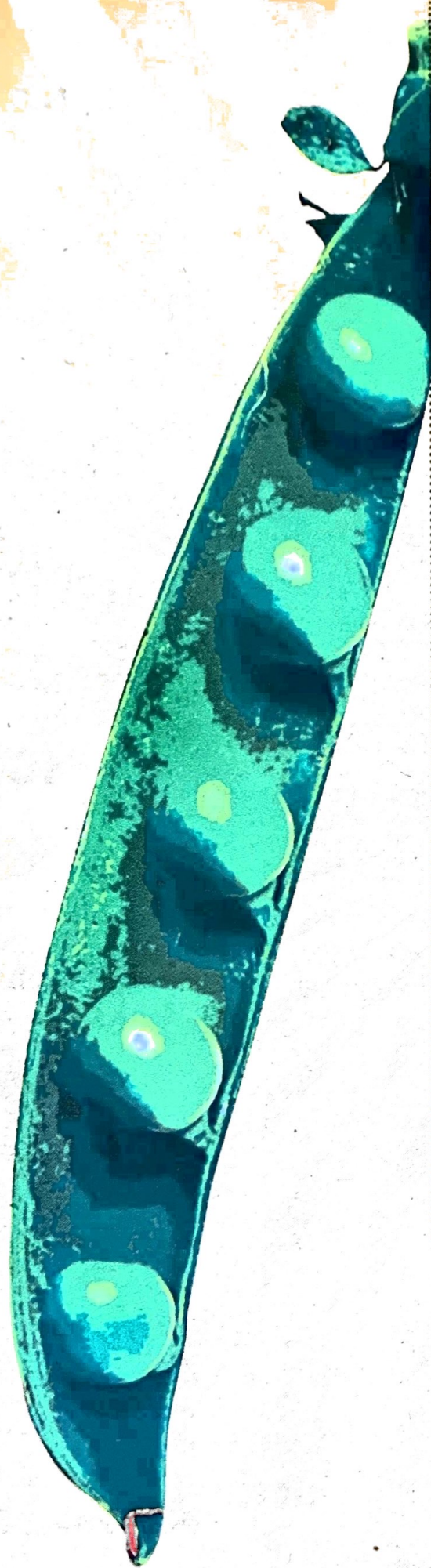


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Fibre – just passing through

NUTRISPEAK

by Vesanto Melina MS, RD

Compared with the typical eating patterns of today, our ancestors' diets provided four to six times as much fibre. You might wonder why this should possibly matter. You might have also wondered, what, exactly, fibre is and if we need it to stay healthy. And if so, what are some good sources?

Fibre, which provides plants their structure, is the part of the plant that we do not digest. In contrast, the structure of an animal's body is formed from the bones, which comprise its skeleton. Animal products are fibre-free. Depending on its solubility in water, fibre is divided into two categories. Most plant foods contain both types, and generally, two-thirds to three-quarters of our dietary mix is made up of insoluble fibre.

Insoluble fibre (celluloses, some hemicelluloses, and lignins) is structural. In the intestine's wet environment, these carbohydrate materials absorb water without becoming gluey. Most whole plant foods are good sources of insoluble fibre; the bran that forms the outer layer of wheat kernels is especially rich.

Soluble fibres are gel forming; examples are pectins (they put the gel in jelly), gums, and mucilages. Oat bran is a rich source of soluble fibre, and when mixed with water, it becomes sticky. Other good sources are beans (think of the gummy liquid in canned kidney beans), peas, many fruits, barley, some vegetables (such as okra), flaxseeds, and psyllium (used in some cereals and bulk fibre laxatives).

Diets centred on legumes (beans, peas, and lentils), whole grains, vegetables, and fruits are far higher in fibre than those built on refined foods. The mix in an assortment of plant foods is far more valuable to health than a supplement that includes fewer types of fibre.

Most Canadians get about 14-15 grams of dietary fibre daily, approximately half of the minimum 25-35 grams required. Unfortunately, this is not enough to take full advantage of fibre's full range of health benefits. Vegetarians consume approximately 30-40 grams of fibre a day, and vegans about 40-50 grams, intakes that are reflected in reduced rates of colon cancer among these populations.

People are often somewhat cautious about increasing their intakes of fibre-rich foods – beans, for example – owing to their reputation in the aroma department. Gaseous emissions, however, are not an essential effect of eating a fibre-rich diet. Populations around the world eat fibre-rich diets without any negative side effects. (For a more in-depth analysis of international solutions to the gas crisis, see next month's *Nutrispeak* column in *Common Ground*.) At EarthSave's annual Taste of Health event next month (Oct. 1-2), readers can explore delicious ways

to increase their intake of plant foods. Details at www.tasteofhealth.com, or call 604-731-5885.

Vesanto Melina is a registered dietitian and author based near Fort Langley. She is co-author of *Becoming Vegetarian*, *Food Allergy Survival Guide*, *Healthy Eating for Life to Prevent and Treat Cancer*, *Becoming Vegan*, and *Raising Vegetarian Children*. You can hear her speak at next month's Taste of Health event. For personal consultations, call 604-888-8325 (clinic) or 604-882-6782 (home office). www.nutrispeak.com.

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Soluble fibre is primarily responsible for these benefits. It coats the inner lining of the intestine, slows the emptying of our stomachs, and slow sugar absorption; in the process, it may reduce insulin needs. Soluble fibre is thought to improve blood sugar control in people with diabetes and to reduce the risk of heart disease.

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Organic farming time-tested

SCIENCE MATTERS

by David Suzuki

It might seem like a hip new trend, but various forms of organic agriculture have been around for some 6,000 years. While organic farming almost disappeared in North America during the latter half of the 20th century, it has recently taken off as both consumers and farmers have discovered the benefits of a more holistic approach to agriculture.

Organic farming is rooted in ancient knowledge that has been passed down through generations. Long before science could tell us why certain farming methods produced greater crop yields, organic farmers were learning what worked and what didn't – the hard way – and sharing their knowledge with others.

With the advent of industrial farming and the Green Revolution*, organic farming was considered quaint or old-fashioned – something practised by hippies on communes, but certainly not by serious farmers. But while the green revolution initially produced higher crop yields, it also created new problems, from fertil-

izer and pesticide run-off, to soil erosion, to reduced soil fertility. Today, new studies show that organic agriculture can often match, and sometimes exceed, yields from conventional agriculture, while eliminating the need for pesticides and, at the same time, conserving soil quality.

The Rodale farming systems trial is the longest running comparison of organic and conventional farming in the US. For 22 years, researchers have planted crops at the Rodale farm in Pennsylvania, using a mix of conventional agriculture and two organic farming systems: one uses animal manure for fertilizer, and the other is based on utilizing nitrogen-fixing legumes. Recently, the journal *Bioscience* published a review of

the trial. Researchers measured the economic feasibility of each farming system, along with its environmental impacts, energy consumption, and other indicators. They found that for some crops, like corn and soybeans, organic farming systems produced the same yields as conventional systems, but used 30 percent less energy, less water, and no pesticides.

In fact, during drought years, corn yields in the organic systems were 30 percent higher than those in the conventional system. Researchers state that the organic systems were able to perform better in drought conditions because their soils contained much larger amounts of

carbon and organic matter. Increased organic matter also led to a more diverse mix of creatures in the organic plots, including twice the number of earthworms. In turn, increased diversity helped reduce damage from insect pests, by introducing a greater number of natural predators.

In addition to the organic systems having numerous beneficial effects upon the environment – as one would expect – the researchers also found that the organic systems could be as profitable, if not more so, than the conventional systems. And although the organic systems were more labour inten-

sive (weeding by hand, for instance, as opposed to spraying with herbicides), because consumers were willing to pay a premium for organics, the profit margins were often higher.

Arguing that certain organic technologies – the use of off-season crops, extended crop rotations, increased organic matter in the soil, and enhanced natural biodiversity – should be more widely adopted, researchers concluded: "Some or all of these technologies have the potential to increase the ecological, energetic, and economic sustainability of all agricultural cropping systems, not only organic systems."

In other words, many organic practices simply make sense, regardless of which agricultural system is utilized. Far from being a quaint throwback to an earlier time, organic agriculture is proving to be both a serious contender in modern farming practices, and a more environmentally sustainable system over the long term. With consumers expressing a preference for organics, and farmers realizing the benefits, this is one trend that's likely to stay.

*The Green Revolution, a term coined in 1968 by William Gaud, director of the US Agency for International Development, defined a movement to increase yields by using irrigation, pesticides, fertilizers, mechanization, and new crop cultivars.

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Long before science could tell us why certain farming methods produced greater crop yields, organic farmers were learning what worked and what didn't



Where will our food come from?

EARTHFUTURE.COM

by Guy Dauncey

Peaches and blueberries, apples and plums, 'tis the season of harvest and amply fed tums. But there's a cloud looming on the farming horizon that we need to address, before it renders our harvest celebration considerably less celebratory.

In the summer of 2003, when Europe sweltered through a month-long heat wave, Ukraine lost 75 percent of its harvest. Overall, Europe lost 32 million tonnes of grain that summer, the equivalent of half the US wheat crop. As temperatures rise because of climate change, we can expect to see similar losses. At the same time, our population is growing by 74 million people a year, the equivalent of two additional Canadas and two Irelands.

For the past 50 years, modern farming has shown an amazing ability to increase production in pace with the growing population. However, from 2000 to 2003 it failed to do so, and the world's food surplus fell dramatically. Fortunately, in 2004 the harvest bounced back with a record 2,049 million tons, nine percent higher than in 2003. We should not become complacent, however. Of the three fertilizers used in chemical farming, nitrogen depends on

natural gas for its synthesis from atmospheric nitrogen, and the world's gas supply will peak by 2020, and disappear by 2060. Phosphate and potash both require oil for mining, processing, and trucking, and the world's oil supply will be gone by 2030. Most pesticides are also made from oil and gas.

Further, the water tables are falling in several of the world's grain-growing areas: the North China Plain; most of India; and in the US, the southern Great Plains and the southwest. No water, no food. Enough! This is the kind of stuff that gives environmentalists a bad name: – gloom, doom, and worst-case scenarios. But let's assume there will be a global food crunch, as temperatures rise, water tables fall, oil and gas become too expensive to use, and the world population keeps rising. Where will our food come from, then?

The answer lies in our own backyards, and in a worldwide shift to organic pro-

duction. If Cuba can do it, what's to stop the rest of us? As the food crisis deepens and the price of oil keeps rising, the cost of food will go up, making it more attractive to grow local, organic food. As oil-driven cars and trucks disappear from our streets, making way for bicycles, biofuelled

buses, and electric vehicles, the air will become cleaner too, making people feel better about growing food in the city. The next time you wander around your neighbourhood, make a mental note of how much land could grow food. It's everywhere! Yet, in Victoria, which prides itself on being the city of gardens, I estimate that only one garden in five has much beyond a lawn.

When we grow food organically, there's no need for pesticides and fertilizers, and the food is healthier, too. A recent study of 180 farms in Britain showed that organic farms are also better for wildlife, with 85 percent more plant species, 33 percent more bats, 17 percent more spiders, and 5 percent more birds.

Could the prairies go organic? Of course they could, and many farmers are already

growing organic crops. The shift entails smaller farms with more people working, a great benefit to rural life as homesteads grow into rural ecovillages. In Europe, several nations help farmers make the switch with an organic transition subsidy, financed by a tax on pesticides and fertilizers. The yields from organic farming can be just as high as yields from chemical farming, so there's no need to worry about declining harvests.

Finally, two other changes would make our food supply go much further. First, we should stop wasting so much (and eating so much). A recent eight-year study by a University of Arizona archaeologist has documented that more than 40 percent of the food grown in the US is either lost or thrown away. Secondly, if we stopped eating meat, we could produce far more food, since a meat-based diet requires seven times more land than a diet based on plants. More than half of US farmland is devoted to cattle. A meat-eater needs 3.25 acres of farmland. A vegetarian needs 0.5 acres. A vegan needs 0.16 acres. I rest my case.

Guy Dauncey is president of the BC Sustainable Energy Association (www.bcsea.org). He leads a five-day workshop on Spirit, Science and Evolution: The Great Unfolding at Hollyhock, October 9-14. www.hollyhock.ca

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Books & Art	23	Dentistry.....	24	Intuitive Arts	27	Restaurants	28
Bodywork.....	23	Education & Certification ..	24	Nutrition.....	27	Time Out & Rentals	28
Business Services	23	Events.....	24	Psychology, Therapy &		Spiritual Practices	29
Cleaning	23	Food	24	Counselling.....	27	Vegetarian Restaurants ...	29
Delis / Cafes / Catering... 24		Health & Healing.....	26				

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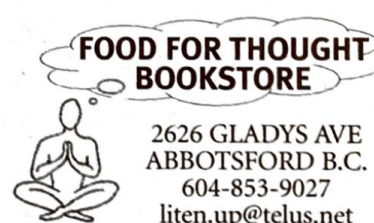
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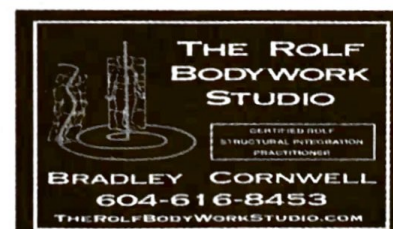
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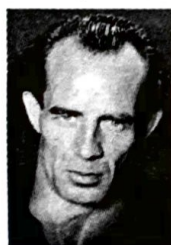
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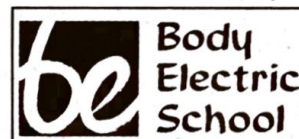
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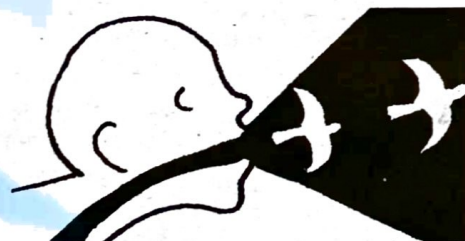
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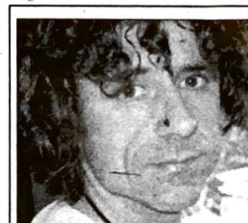


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A child is not for one person
— Burundi proverb

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Jamini Hilton
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Masters in Counselling,
Chemical Dependency
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Discover your personal strength - it lies in the coping style that has gotten you this far; shift depression to hope. Free yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. Deepen and enrich your connection with others. Create the life you deserve.

In a safe environment, learn to value your power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.

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Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practicing hypnosis for over 30 years and skillfully integrates hypnotherapy and shamanic training into her coaching and

counselling practice. Lorraine gently guides people in the process of transformation, connecting to their higher self and reclaiming joy and personal power. Lorraine has returned to Vancouver after 10 years living on Kauai and Maui. (604)871-4342 or transformance@mac.com



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Learning to befriend these symptoms helps you discover the wholeness that is you. This friendship is what heals and restores the natural rhythms in your life.

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Freedom from the beliefs, feelings and behaviours that result in emotional pain and repetitive, reactive patterns that keep you stuck. Life's options open up as you learn to respond rather than react, resulting in:

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About Toni Pieroni: Along with my professional training and skill, I bring over 20 years of personal development experience. I offer individual and couple therapy. For further information or for a free introductory session, phone 604-737-0168. Or visit our web address: www.counsellingbc.com/listings/tpieroni.htm

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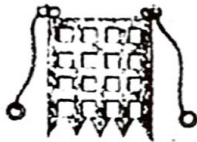
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SPIRITUAL PRACTICES



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RAJINDER SINGH**

**SCIENCE OF
SPIRITUALITY**

Science of Spirituality is a global, not-for-profit spiritual organization under the leadership of Sant Rajinder Singh Ji Maharaj. See www.sos.org for more information about this spiritual path. All programs are FREE.

New Sunday venue - 9100 Van Horne Way, Richmond (corner of Great Canadian Way & Van Horne - East entrance) Every Sunday: 10AM Meditation, 11AM Satsang, free veggie Lunch 12:15; Contact: Judy 604-539-0589.

Special September Birthday Celebrations Honouring Sant Rajinder Singh & Sant Darshan Singh; Saturday, Sept. 17th, 5PM Meditation: 6PM Celebration followed by veggie meal St. Mark's Anglican Church 1805 Larch (@ 2nd) Street, Vancouver

Sahaja Yoga Meditation

As taught by
H. H. Shri Mataji
Nirmala Devi
www.sahajayoga.ca



"Sahaja Yoga is different from other Yogas because it begins with SELF REALIZATION. It is important for everyone to have that knowledge of the roots within ourselves. Sahaja Yoga allows the individual to become his own Spiritual Guide."

— H. H. Shri Mataji Nirmala Devi

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and balanced. The biggest gift I ever received was self-realization and a chance to become a yogi-connected with my Own Spirit."

— Dr. I. Fadyeyeva, Business Development Manager, GN, Hearing Care

FREE meditation classes. 604-597-8440, 604-715-8888, 604-726-8149 & 604-980-8107. www.sahajayoga.org 604-597-8440

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604-521-6336

www.isacanada.ca
theisacanada@yahoo.ca



WEDNESDAY EVENTS 7:30 pm - 9:30 pm • HEALING 7 pm
SUNDAY SERVICES 11:00 am - See DATEBOOK: Sundays

Sept. 7 - Mediumship - UK Medium Val Williams

\$25 per person in advance only
Details call Rev. Joyce Tarvin 604-433-6663

Sept. 14 - Open Circle - Glenda McLeod

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Sept. 28 - Hypnosis Exposed! - Di Cherry

Members \$7 • Non-members \$8

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Sunday, September 25, 2005 at 1:30 p.m.



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Vegetarian Restaurant



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Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by **Chef Ho** formerly of Bodai. Open 6 days a week from 11:00 am to 9:30 pm, closed Tuesday. Rated Best Vegetarian Restaurant in Vancouver Magazine's 9th Annual Restaurant Awards. Call for reservations. 604-873-3848



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For years voted "Best Vegetarian" in the Georgia Straight and in Vancouver Magazine's "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fire-place, heated patio, live music at dinner. 2724 West 4th Ave. 604-738-7151.



**The Rainbow
Vegetarian Restaurant**

273-7311
8095 Park Road, Richmond, BC
11:00 am - 9:30 pm
Closed Tuesdays, except full moon day

The Meaning of Vegetarian

It comes from the Latin word "VEGETUS." It means "Integrity, Healthy, Freshness, Energetic". Remember it and enjoy the flavour! Try our delicious appetizers, soups, thick soups, deluxe veggie dishes, hot pots, noodles, congee, deep fried & sauteed dishes, and rice dishes.



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Enjoy homemade vegetarian food at its finest from our extensive hot and cold buffets. There is something to please everyone from our international selection of tasty dishes, many vegan, wheat and gluten free, including our natural desserts. Eat in or take out.



We are located in historic Hammond featuring various quality crusty breads and organic hearty loaves.

Soup, sandwiches, muffins, and more. More choices and ordering on-line.

Best Bread Co. (604)465-4065 20635 Maple Cres. @207th Maple Ridge www.bestbread.ca
Next vegan potluck September 21st!



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Healthy. Healing. Organic. Macrobiotic.
Enjoy delicious food without refined sugars, meat, dairy, eggs and poultry. Try our non-dairy desserts, brown rice sushi, Banacha tea, fresh spring rolls, real fruit shakes...all made with healing & a healthy lifestyle in mind. Wed - Sun 12 - 9 pm
Take-Out available.

Under our feet, water still flows

by Celia Brauer

The creeks that once flowed into False Creek are still there; you just can't see them because they are hidden underground. If you live in the area, here are some ways you can help sustain the local ecosystem.

- Use non-toxic, fish friendly cleaners when washing your car, and keep other toxic substances off the street. The fish painted on many storm drains in your neighbourhood are a reminder that they empty into fish-bearing habitat. Yes, there are still fish and other sea life in False Creek!

- Patronize environmentally friendly businesses in your area.

- Reduce, reuse and recycle as much as possible. This includes water, green garden clippings, and small and large household items.

- Create a more natural, native landscape in your garden. Fill up large grassy areas with native shrubs, flowers,

and trees. These reduce water usage and maintenance, attract birds and helpful

insects, and bring more biodiversity and tranquility to the area.

- Follow the progress as the city of Vancouver moves towards separating the sewer/storm run-

off system. Today, during heavy rainstorms, sewage overflows the present



system and goes directly into the Creek. The city is working on a 30-year plan to twin these pipes so they do not mix. Staff need to know we support this progress.

- Support or join an environmental organization that is working in your watershed. The following are some helpful connections: Community advisor, Burrard Inlet and Indian Arm; Fisheries and Oceans Canada, 604-666-0743; Rivershed Society of BC, 604-941-5937, www.rivershed.com; The Salmon Celebration, www.publicdreams.org

Celia Brauer, a passionate advocate of the environment, produced the original salmon illustration.

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Celia Brauer, a passionate advocate of the environment, produced the original salmon illustration.

CALENDAR OF EVENTS

List at: www.commonground.ca > Advertising > Datebook > Deadline Sept 15 for Oct issue

SEPT 8-14
7-day Advanced Chakra
 Workshop with Anodea Judith author of Eastern Body, Western Mind. Using yoga and experiential work, we will move our way from root to crown spending one day per chakra. Contact Nathalie ravenandthefrog@hotmail.com 604-272-4135.

SEPT 9
Celebrate SFU 40th Anniversary
 Simon Fraser University kicks off a year of celebrations when it turns 40 on September 9th. For more information about the anniversary, and a calendar of events visit www.sfu.ca/40th_anniversary

Brazil, spirits and healing.
 Talk/slide show by Amy Blank, energy-medicine intuitive. 7:30pm, Ama VanDusen room, Vancouver Public Library (350 Georgia St.), \$5 donation. 604-872-5220.

SEPT 9, 10, 11
Introduction to Foot Reflexology commences Certificate Weekend Course. Intro: \$10. Course: \$295.00 Pacific Institute of Reflexology (604) 875-8818

SEPT 9-11
Ferngully Retreat 2005 on Gambier Island invites you for a weekend of healing. 33 workshops, meals and transportation included for \$325. www.fernullyretreat.com or call 778.883.7706

SEPT 10-12
BEAUTIFUL SILENT RETREAT for spiritual renewal and healing. Mountains, oceans, gardens. Good food and comfortable accommodation. SRMH Centre, Sunshine Coast 1-604-740-0898.

Psychic Fair from 1 - 4:00 pm. Sample our aura readings and mini-readings. Receive information about your relationships, finances, spiritual purpose and more! CDM Psychic Institute, 1114 W. Broadway, Suite 202, Vancouver. 604-730-8788

SEPT 13, 20, 27 & OCT. 4
 Vancouver's 1st Animal Wellness Lecture Series, Trout Lake Community Centre, 3350 Victoria dr. (Rm. 210), 7-9:00 Pm. \$15/Session or \$50/Series. Demonstrations and hands-on knowledge. Massage, holistic Treatment, chiropractic care, nutrition, homeopathy, communication, and more. Register at 604-257-6955.

SEPT 15
Dr. Bright's update on bipolar disorder. Free event, 7pm at Sunrise Hall, 1950 Windermere Street. For information: 604.873.0103 or mdabc@telus.net.

SEPT 16
Wake up your senses with the sound and colour of the crystal bowls. Crystal Bowl concert with Evelyn Mulders and Pat Everatt. 7:00 - 9:30 pm @ Evergreen Cultural Centre, Coquitlam 604-927-6555. Tickets \$27.50.

SEPT 16-18
Mindfulness Based Stress Reduction (M.B.S.R.) weekend workshop with Dr. Eddie Bernstein. Formal and informal mindfulness practices including sitting, walking, loving kindness and bodyscan meditation. Dayspring Retreat, Roberts Creek, BC. 1-877-885-0179.

SEPT 17-18 & 24-25
International School of Energy Medicine Level One Certified Professional and Personal Training. Powerful, Exciting and Inspirational, Hands-off Healing. \$650. Details: 604-638-5175, michaeldaltonbio@hotmail.com

SEPT 23
BHAGAVAN DAS *Kirtan Chants & Sacred Music* Stefan Cihelka tablas, Prashant John, flute, Richard Sales, guitar & vocals. Baha'i Centre, 5880 Main, 7:30pm. \$20 advance/\$24 door. For tickets, see ad pg 19

SEPT 22-25
DANCING THE BODY'S WISDOM A movement therapy training for those who wish to integrate movement into their work and life. Catherine Fallis The Haven Institute, Gabriola Is. 1-877-247-9238 www.haven.ca

SEPT 23-25
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SEPT 24
Wolfsong autumn equinox/medicine wheel celebration. Sat. Sept. 24, 7pm. Participate singing shared native sacred healing chants. Bring friends, drums, cedar flute, didgeridoo, crystal bowls. Vancouver Multi-Cultural Centre. Donation. Turtle Island Healing Circles. 604-418-9636. www.drumcircles.ca

SEPT 25
FOREST POLITICS Join Sierra Club's forestry specialist Justin Calof for the inside scoop on how the government makes decisions about British Columbia's forests. Hear some fascinating tales of life as a forest manager and forest policy advocate while exploring John Dean Park. Meet in the main



Sam Graci in BC Sept. 19, Victoria; Sept. 27, Vancouver; Sept. 28, Langley; Oct. 5, Penticton; Oct. 30, Vancouver Health Show. Call 1-877-500-7888 for details. www.genuinehealth.com/events. All seminars free except for the Vancouver Health Show.

parking lot off Dean Park Road. By donation. For more details visit www.sierraclub.ca/bc.

Bhagavan Das Mysticism of Sound Bhagavan Nada Workshop & Yoga. Semperviva Yoga, Sky Centre, 2582 W. Broadway, 1-4pm. \$65. Tickets Banyen, 604-737-8858, Highlife Records, 604-251-6964, Semperviva, 604-739-2009.

SEPT 26-27
Two-evening introduction to the Diamond Approach path, developed by A.H. Almaas. 6:30-9:30PM \$90 for both evenings. judithbradley@shaw.ca 604 251 9034.

SEPT 28 - OCT 2
Rosen Method Movement workshop with teachers Julia Martin & Aurelia Priotto. Relax, have fun & watch the barriers we create against moving disappear. Dayspring Retreat, Roberts Creek, BC. \$525. 1-877-885-0179. www.rosenmethod-canada.com

SEPT 29 - OCT 14
Vancouver International Film Festival www.viff.org See review pg 10.

SEPT 30
Introduction to Hand Reflexology commences Certificate Weekend Course. Intro: \$10. Course: \$295.00 Pacific Institute of Reflexology (604) 875-8818.

SEPT 30 - OCT 1
Free Feel Good Event Intro & Lecture. VERIFIABLE healing the spiritual way through Bruno Groening's teachings. Tune in to the healing stream. Vancouver and Surrey. Sept. 30: Central Library, 350 West Georgia Street, Van. Oct. 1: Fleetwood Library, 15996

- 84 Ave., Surrey. Both 7-9:00 pm. Brian, 604-877-1467.

OCT 1-2
"What the e=mc2 do we know about vibrational medicine?" Vibrational Medicine workshop, Evelyn Mulders, founder of the Kinesiology College of Canada. \$295.00, 9:30 - 3:30, location TBA, Vancouver, to register phone 250-499-7771.

Taste of Health Vancouver's largest vegetarian festival. Croation Cultural Centre, 3250 Commercial Drive (at 16th), 10am-6pm. Tickets \$7. Children under 12 & EarthSave members free. 604-731-5885. www.tasteofhealth.com <<http://www.tasteofhealth.com>> See ad pg 20.

OCT 1-3
Join Native American shaman Jenny Ray for Stone Medicine, a 3-day stone massage workshop/retreat at Xenia on Bowen Island. For more info, please call 604-671-4325 or email hazmatt@telus.net www.stonespirittherapy.com

OCT 2
Celebrate Gandhi's birthday at SFU. Garlanding Peace Ceremony, 6:45pm, Peace Square, Science Complex. Cultural shows & awards, 7:30pm. Refreshments, 9:00pm. Award to Micheal Clague. Info at www.gandhijay-anti.com, or call 604 291-5855. grahama@sfu.ca

OCT 4-5
Join organic farmer Gary King and restaurateur John Bishop for an agri-culinary experience at their Fall Feast in Cawston, BC. Arrive early on the 4th & help John Bishop forage for food. Sumptuous meal served in Jenny's Garlic Shed, 6pm. \$225/per

person includes bed and breakfast. Travel planning assistance available. Call Gary, 604-538-3018. Email farmergaryeh@netscape.net www.bishopsandkings.com

OCT 6-9
DRU Meditation Retreat* Rivendell Retreat Centre, Bowen Island. Access the power of your natural state of fullness. Practical Details at 604 922 4067. Email: susan.kulas@lifefoundation.org.uk

OCT 8
Open House - Rosen Method Bodywork and Movement, "The Wisdom of the Body," 10:30 am-3:00 pm. \$5. Movement, Class: 11:00 am. Talk/Demo 1:00 pm. Sessions/reduced fee at 3:00 pm. 535 W. 10th Ave. 604-736-0406, 1-877-855-0179. www.rosenmethod-canada.com

OCT 9 - 14
Spirit, Science and Evolution: The Great Unfolding www.earthfuture.com/syntropy/ A 5-day intensive workshop with Guy Dauncey at Hollyhock, Cortes Island. www.hollyhock.ca 1-800-933-6339.

OCT 12 & 26, NOV 2 & 9
Creating Peace Through DRU Yoga, 8-9:30 Masterclass, Gita, Meditation. The Peace Centre, 604-876-5153. www.druyoga.com

OCT 15-23
Rosen Method Bodywork Intensive workshop with teachers Bill Samsel & Mariette Berinstein. Demonstrations, movement, hands-on experience, witnessing, discussion & sharing, \$850, 535 West 10th Ave. Van. 1-877-885-0179. www.rosenmethod-canada.com

OCT 16
DRU Yoga Workshop Port Coquitlam - Move with ease - flow with life. 604-936-3255. www.druyoga.com

OCT 23
DRU Yoga Workshop Whiterock The dance between stillness & dynamism, 1:30 - 5, Kent Street, 604-936-3255. www.druyoga.com

OCT 25
Silva Method Free Introductory Presentation. 7pm, UBC Library at Robson Square & 3-Day Basic Seminar, Oct 29,30 and Nov 5th. 604-925-0816. info@silvamethod-canada.com

OCT 29-30
Sandra Maitri Enneagram Workshop Spiritual Dimensions of the Enneagram. Plaza500 Hotel. 10:00 am - 5:00 pm. \$235. Registration: judithbradley@shaw.ca <<mailto:judithbradley@shaw.ca>>, 604-291-9033. Free book talk Oct. 27, 7:30 pm, Vancouver Public Library.

NOV 5
DRU Yoga Workshop Vancouver* Dynamic DRU Flow. 1:30 - 5pm, The Peace Centre, 604-876-5153. www.druyoga.com

SUNDAYS
The Centre for Spiritual Living Inspired by the teachings of Deepak Chopra and Louise Hay? You'll love our Sunday services, 11:00am. Children welcome. 1495 W. 8th Ave, Vancouver, 604-321-1225 www.cslvancouver.com

International Spiritualist Alliance #1A -320 Columbia Street, New West (Downtown) 604-521-6336. Sunday Services 11am. Rev. Joyce Tarvin 604-433-6663 See resource directory. www.isacanada.ca

TUESDAYS
Reflexology Student Clinic sessions - only \$15. Evenings only. By appointment. Pacific Institute of Reflexology. 604.875.8818

WEDNESDAYS
Hawaiian Healing Night 7pm. Hawaiian guided Meditation, Sharing the Aloha, and snacks after, meet like-minded people and share. \$5.00 donation. At Hale Ola - a place of Healing 1215 Madison ave. Burnaby 604-431-7474 Kaimana and Moanikeala

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THURSDAYS
Pranic Healing Clinics Non touch energy healing. By donation. *In N. Vancouver: reopens Sept 15th, Thursdays 10:00am-2:00pm and 6:00pm-9:00pm. Pranic Healing Centre, 204-133 E. 14th, N. Vancouver. * In Vancouver: reopens Sept 13th Tuesdays 11:00am-3:00pm. St. George's Place, 2950 Laurel St. *Meditation for Planetary Peace at start of each clinic. Last healing begins half-hour before closing. 604-988-1102. www.pranichealing.ca

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Hindustani Songs with Reecha Tripathi

September 17, 7:30 pm, Surrey Arts Centre Theatre

Reecha Tripathi, 18, carries on the age-old traditions of the Banaras Gharana, under the guidance of Padmashri and Padmabhushan Girija Devi. Tripathi's songs are an intricate reflection of the Banaras style of music. She has recorded six albums and appears regularly on All India Radio. She was cited as Best Performer of the Year in the national and prestigious Sangam Kala Group All-India Talent Hunt for four consecutive years

in the classic Sangeet Natak Academy Provincial Music Competition, and is currently working on a new CD compilation, *Meditation Mantras*.

Tickets \$20/\$30/\$40 available through the box office, 604-307-5838, or call Shashi at 604-501-5566.



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DEADLINE FOR THE NEXT ISSUE IS SEPT 15

On Track Zodiac

September 2005 by Ilona Hedi Granik



ARIES (March 21 – April 19)

The currents of change are knocking at your door. If you aren't paying attention, you could miss valuable challenges. If you are up for anything, it's coming your way. You can stir the pot and create what you want.



TAURUS (April 20 – May 21)

You will need to take things step by step. Start at the beginning and don't cut corners. Finish what you have started, even if the task is daunting. Climb that mountain; the perspective you gain will be most illuminating.



GEMINI (May 22 – June 20)

If you move your body, you will create more energy. Put on those walking shoes and get moving. There is clearly a need to eliminate toxic and stagnating thoughts. Use this time wisely to gain more clarity about any lingering issues. Play to win. Health is wealth.



CANCER (June 21 – July 22)

While others are becoming interested in new things, you may find you are not. This may be a time to relax and holiday. Or perhaps become more reclusive and enjoy some time alone. Recline and unwind. You are an intuitive poet who seeks solace in the garden.



LEO (July 23 – Aug. 22)

Are you being all that you can be? Do you feel your contribution is uplifting to others, or are you being self-centered? Feeling empowered is good, although you may find you would like to give your life a new twist. Gratitude replaces an extra helping of dessert. Great leaders are gracious ones.



VIRGO (Aug. 23 – Sept. 22)

You literally could jump for joy. The new enthusiasm around you is infectious. You feel rather grand and unusually fancy. You are more committed to your inner wealth and happiness. Fleeting love may stick around this time too.



LIBRA (Sept. 23 – Oct. 22)

You have become attentive to your loved ones, and the enjoyment seems unlimited. Being more attuned to others has become your strong suit. Gatherings and good times are on their way.



SCORPIO (Oct. 23 – Nov. 21)

Do you feel as though you are trespassing, or walking on the trust path? The sense that you don't belong may have a hold on you. You could do well to seek guidance for any beliefs you have that hold you back from your true essence.



SAGITTARIUS (Nov. 22 – Dec. 21)

Things look different on the home front. Could be time for renovations or in-home changes at some level. Either way, your spirit beckons change. If you don't travel outward, you may do inner traveling. You seek wholeness. Take a ride of your choice.



CAPRICORN (Dec. 22 – Jan. 19)

Buy, buy, buy! You are enjoying the pleasures of indulging in treating yourself well. It's a good time to enjoy the pleasures of life. Shake the money tree, and then replenish the roots with water. Keep the flow going out and coming in.



AQUARIUS (Jan. 20 – Feb. 19)

If it's a new career you seek, you will need to carve a new path. The time is coming for a new direction and you can feel it. Do a summary of what really makes you sing. Clear up the things that you don't want, and use your free will to change your future.



PISCES (Feb. 20 – March 20)

Much patience is needed at this time. Although things have been exciting, you need to stay aligned with your goals. If you see Buddha in your path, will you know him? It is time to step into the river.

Ilona Hedi Granik is a clairvoyant consultant and author with 31 years' experience in astrology, multi-media art, and healing. ilona23@shaw.ca

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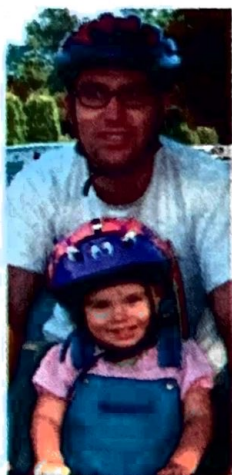
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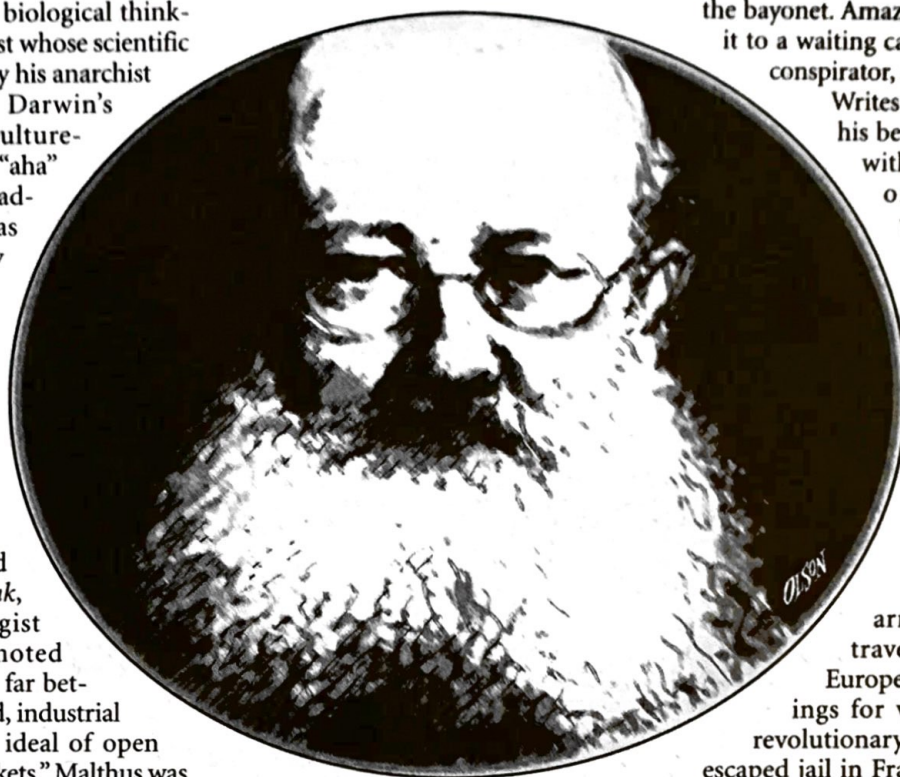
continued from page 11
driver of evolutionary advance was not so much competition within a species for limited resources; it was through cooperation within a species to maximize survival against harsh external conditions.

The Russian scholar has been long dismissed as a footnote in biological thinking: a naïve sentimentalist whose scientific thinking was coloured by his anarchist sympathies. But have Darwin's own ideas a certain culture-bound tint? His famous "aha" moment came upon reading the work of Thomas Malthus, who correctly held that population grows geometrically, while food resources only grow arithmetically. Darwin concluded that this mismatch leads to an inexorable struggle for survival by living creatures.

In a 1991 essay called *Kropotkin Was No Crank*, Harvard palaeontologist Stephen Jay Gould noted that Malthus "makes a far better prophet in a crowded, industrial country professing an ideal of open competition in free markets." Malthus was less comprehensible to Russians. "He was foreign to their experience because, quite simply, Russia's huge land mass dwarfed its sparse population." For a Russian to see an inexorably increasing population

inevitably straining potential supplies of food and space "required quite a leap of imagination."

Independently of one another, Darwin and Alfred Russell Wallace came across their theory of evolution while reading Malthus. The mutual revelations occurred



violinist picked up the tempo, and the cherry-eater stopped chewing, the coast was clear. Kropotkin, in a long, green, dressing gown, ran for his life, later recalling a sentry so close behind that several times he flung his rifle forward trying to give the prisoner a blow in the back with the bayonet. Amazingly, the prince made it to a waiting carriage driven by a co-conspirator, and sped off to safety.

Writes Bliebtreu: "He shaved his beard, and was provided with an officer's uniform on the assumption, which later proved quite correct, that in despotic Russia, customs agents, border guards, etc. would be fearful of incurring the displeasure of an officer by delaying him with an overly scrupulous examination of his papers."

In disguise, Kropotkin arrived in London. He travelled widely through Europe, agitating in his writings for various socialist and revolutionary causes. He narrowly escaped jail in France for his agitation, and returned to London in 1886. Here he hooked up with James Keltie, assistant editor of the British science journal, *Nature*. Unaware of his true identity, Keltie gave the emigrant Russian work translating items from foreign journals into English. When Kropotkin received his own book on the glacial history of Eurasia to review, the jig was up, and the prince revealed his true identity to the editor.

A particular essay by "Darwin's bulldog," Thomas Huxley, caught his attention during this time. "Life was a continuous free fight," wrote Huxley, "and beyond the limited and temporary relaxation of the family, the Hobbesian war of each against all was the normal state of existence." Huxley tempered these remarks to say that it is the duty of human culture to resist the brute violence of the animal world, but the Russian emigre was inflamed by Huxley's belief that the natural world is defined solely by struggle. Kropotkin believed this to be an extrapolation backwards from human militarism and misery to the natural world. Huxley's essay resulted in a passionate series of rebuttals from Kropotkin in the magazine *The Nineteenth Century*, which were eventually gathered into his book *Mutual Aid: A Factor in Evolution*.

Pegged as an anarchist philosopher, Kropotkin and his writings on evolutionary theory have often been dismissed as politically motivated. Yet Gould points out that if the Russian savant overemphasized mutual aid, British evolutionists surely overemphasized competition. (Certainly the debased message of a social Darwinism, which argued that the weak are owed nothing by the powerful, was not unwelcome to the elite of newly industrialized Britain.) It's undeniable that a one-size-fits-all reductionism, pushing the competitive aspect of the living world, helped paved the way for the

for both in the tropics, and no other area on Earth is so packed with species, and so replete with bodies in competition. According to Gould, "An Englishman who had learned the ways of nature in the tropics was almost bound to view evolution differently from a Russian nurtured on tales of the Siberian wasteland."

The ideas of cooperation in the wild fermented in Kropotkin's imagination as he made further explorations across the steppes. His discovery of the Franz Joseph Land archipelago won him a worldwide reputation as a geographer, and nomination for presidency of the physical geography section of the Russian Geographical Society. At the same time, he had fallen in with a group of intellectuals who gave covert lectures to workers' groups. Using the pseudonym Borodin, Kropotkin dressed in peasant disguise while addressing meetings on political and scientific topics. The nobleman's paranoia found its real-world mirror in official suspicion. The spellbinding lectures by this mysterious six and a half-foot tall figure elicited the interest of the secret police, who apprehended Kropotkin one night after one of his talks.

So began Kropotkin's stint in solitary confinement. For close to two years, he only had access to an inadequate prison library to help preserve his sanity, along with an exercise regime of his own making, which included walking a minimum of five miles a day back and forth across his cell. A bout of scurvy resulted in his relocation to another prison, and then to the military hospital at St. Petersburg, where he hatched his plans for escape.

On the day of the attempt, a lookout installed at a room near the prison hospital played a violin from his window. Another lookout sat eating cherries just outside the prison grounds. When the

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continued from page 10

about a project to explore the dense, tropical rainforest in the heart of Guyana using a jungle airship. *The Devil's Miner* is another, which is about child silver miners in Bolivia. Franey calls it "extraordinary... amazingly shot." He also recommends *Mahaleo*, about a Madagascan big band. "It's got a very fine photographic eye, so you really feel like you are in Madagascar, and there's lots more happening than just the music." Sound like *The Buena Vista Social Club*? "It's way better," insists Franey.

He also loved *Shape of the Moon* (Stand van de Maan), an intimate portrait of a poor family in Indonesia. The film won the Sundance Film Festival grand jury award, although Franey is not sure that everybody will appreciate it. "It makes you much more worldly and empathetic, and your bullshit metre is improved, because we hear a lot of stuff that we don't know how to interpret in the Third World."

Monte Grande - What Is Life? about Chilean neurobiologist Francisco Varela, who spent his whole life working on the question of how body and mind exist as a whole, has a commendable scientific rigour.

Franey has been impressed by the quality of Central and Eastern European films, like Hungarian historical drama *Fateless* (Sorstalanság), which he describes as "another film about the holocaust, but... really, really good."

He's noticing a new tone in some of the US films, almost too subtle to put his finger on. He hesitates to call it shame. "An introspective, muted quality," he suggests. "I don't think it's just Americans. A lot of young people have been humbled or put slightly off step by political events... there seems to be a real sort of alienation, but almost a healthy alienation." Examples are dysfunctional family drama *Forty Shades of Blue* and *Police Beat*, about a Senegalese, Seattle cop.

On a lighter note, Vancouver-based, writer-director Julia Kwan's *Eve and the Fire Horse* is a humorous look at the spiritual quest of a troublesome, nine-year-old, and *Bombon El Perro* is a droll comedy about an unemployed gas attendant in Argentina whose life finds meaning when he becomes the owner of a big, ugly dog. Fans of Francophone cinema can catch period family drama *CRAZY* which has gone mad at the Quebec box office. Finally, US indie *Keane* has been creating a massive buzz on the festival circuit and sounds like one of those films where the less you know beforehand, the more you will appreciate it.

For pre-festival, family entertainment, Terry Gilliam's period fantasy *The Brothers Grimm* is an enjoyable way to while away a couple of hours.

VIFF (www.viff.org) runs September 29 to October 14. Robert Alstead writes for www.iofilm.ca

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VIFF No 24

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Mahaleo
(Madagascar/France/Belgium, 102 min.)

A portrait of seven musicians who give voice to the desires and wants of their country. Made by a trio of writers and filmmakers, it is more than documentary about music, but a statement of a country's struggle. "Over and above the sublime soundtrack, what we discover is the Malagasy people, filmed straightforwardly, with their suffering and their hope." —*Le Figaro* **<MAHAL>**

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Season of the Horse
(China, 105 min.)

Set on the enormous open landscape of the Mongol steppes, this drama of decline and fall pits the ancient lifestyle of a nomadic people against the changing face of modern China. Ning Cai's directorial debut is a sweeping elegy to a way of life quickly disappearing beneath barbed wire and western tourists. **<SEASO>**



Angry Monk: Reflections on Tibet
(Switzerland, 97 min.)

Gendun Choephel was one angry monk. This documentary from director Luc Schaedler (*Made in Hong Kong*, VIFF 97) explodes the myth of the peacefully smiling holy man. Choephel left the monastery in 1934 and became a rogue figure whose influence continues to reverberate in the changing political landscape of the new Tibet. **<ANGRY>**



Kekexili: Mountain Patrol
(China, 95 min.)

Tibetan antelopes (famous for being made into the society-lady staple Shatoosh scarves) are the living, breathing natural resource of China's largest nature preserve, a prize that pits starving farmers-turned-poachers against a posse of volunteer patrolmen desperate to stop the slaughter. Neither side is entirely innocent in this extraordinary tale of survival from director Lu Chuan. **<KEKEX>**



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continued from page 32

monstrosities of eugenics and Aryanism. Even Darwin's better interpreters, like Huxley, unwittingly helped this legacy by playing up gladiatorial imagery in their description of life.

The evidence supporting Kropotkin's thesis is now substantial. The many examples of mutualism and symbiosis are too numerous to touch on here, other than a few prominent examples from the very beginnings of life. Among the first species of bacteria, it is now believed, three organisms living in cozy symbiosis as the cooperative precursors to animal cells' organelles – the nucleus, mitochondria, and centrioles. Another variety of cell began to live in association with organisms capable of photosynthesis, in turn evolving into plant cells with their light-munching chloroplasts.

This kind of micro-cooperation persists to this day. Some 40 species of bacteria and one-celled creatures exist in the guts of termites. These creatures break down the cellulose of wood, which the termite cannot digest itself. It's an internal community that has coevolved with termite species, with a mutual payoff for the players. According to Betsey Dyer, a biologist from Wheaton College in Massachusetts quoted in *Discover* magazine, "symbioses are the rule rather than the exception; organisms are always associated with other organisms." These associations aren't limited to small-scale endeavours, or even to animals: across the world, subterranean networks of fungal mycelia, miles wide, share water resources with the root systems of trees in exchange for carbon compounds. Without a substantial level of collaboration between and within species, from the micro to the macro, life would not likely have evolved much past simple self-replicating strands of DNA.

Today's neoDarwinism – the "grand synthesis" of Mendelian genetics and natural selection – has moved away from the monolithic notion of "nature red in tooth and claw." Yet the dog-eat-dog idea still persists within academic circles. It's even unintentionally endorsed in standard college biology texts, through minimizing the recent ideas on mutualism and symbiosis. Given this intellectual inertia, the generalization of hardcore competition from nature to human culture – and spun as the machinery of civilized advance – continues to persist in the popular imagination.

Thanks to the philosophy of social Darwinism, white, well-bred intellectuals at the turn of the century had discovered that evolution's peak had turned out to be, by happy coincidence, themselves. Darwin himself qualified his own thoughts on the struggle to survive to acknowledge the role of cooperation. Unfortunately, we have largely inherited our ideas on competition from the irresponsible extrapolation of one-sided ideas about survival in the wild, with poverty seen as the inevitable, if unfortunate, corollary of a universal law in which the weak are winnowed out by the powerful. By this logic, the latter are justified in grabbing what resources they can, while duking it out among themselves. This spectral notion has haunted everything from business management

theory to classical economic thinking. It has both endorsed and trivialized the coercive character of capital-driven power relations.

Kropotkin wrote of the mindset of his British colleagues in his 1902 magnum opus, *Mutual Aid*. "They came to conceive of the animal world as a world of perpetual struggle among half-starved individuals, thirsting for one another's blood. They made modern literature resound with the war cry of woe to the vanquished, as if it were the last word of modern biology. They raised the pitiless struggle for personal advantages to the height of a biological principle which man must submit to as well, under the menace of otherwise succumbing in a world based upon mutual extermination."

His critique still stands, in a world where leaders of state and industry wrap the naked exercise of power in a thin veil of pseudoscientific platitudes (with the occasional nod to fossil beliefs from the time of Moses). We continue to hear from media sources that unregulated competition is an axiomatic good, and that all manner of abuses of power (corporate, political, or personal) are no more than accidental departures from an upward path toward universal good.

Kropotkin returned to Russia in his final years, and died on 1921 in the city of Dmitrov. Disappointed by the failure of the 1905 revolution, he remains to this day an ambiguous figure, his legacy darkened by a paradoxical refusal to disavow violence for achieving political aims.

The Russian scholar held that when hostile circumstances press upon the community, animal or human, they seem to strengthen the communal bonds of cooperation. In our high speed, high security world, with its terror alerts, data mining and erosion of privacy, it's a message that needs to be repeated. On the global scale, cooperation is the only alternative around mutual extermination, and toward a more subtle and complex level of organization. Life is not a zero-sum game, and our moment in the sun doesn't have to be bought at the expense of casting a shadow on others elsewhere.

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continued from page 15

petition, or even recalling the entire matter before the BC public (and this time, leveling the playing field). British Columbia is so close to a revolutionary form of representative government, as long as the people are not thwarted again by apathy, disinformation, or antidemocratic restrictions.

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Myke Logan is a freelance writer hiding on Pender Island, BC. He loves social justice and environmental issues, and is working on a book about reclaiming democracy. myke_logan@yahoo.com

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